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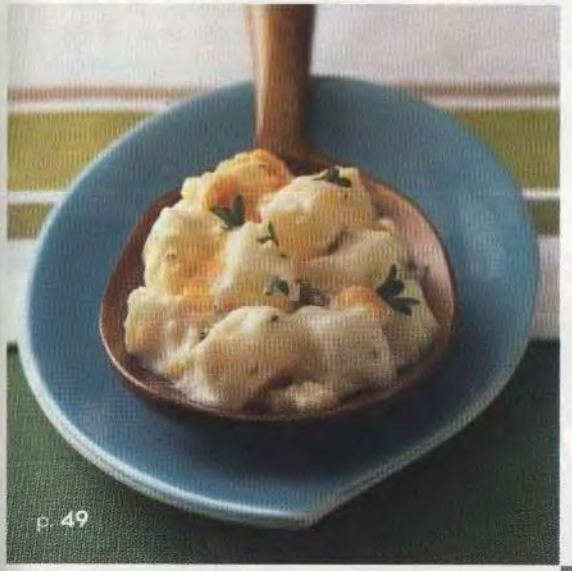
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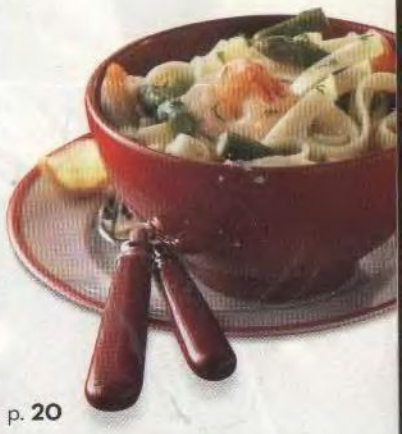
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SPRING PARTY PLANNER

April showers bring May flowers and a whole bouquet of occasions to celebrate - showers, backyard cookouts, recitals, end-of-the-school-year events, graduations and other milestones. Here are suggestions to make things go smoother:

AVOIDING PARTY PANIC

- Think through what kind of get-together you plan to have, who will come, when and where it will be - then, extend invitations.
- Be realistic about your time and energy. Enlist relatives or friends to bring food or order some of the food from the supermarket deli and/or bakery. If possible, make things ahead of time and freeze.
- Read all your recipes 1 to 2 weeks in advance to start making shopping and "to-do" lists. All non-perishables can be purchased several weeks ahead of time.
- Have detailed "to-do" lists for the week of the party - doing a little bit every day will make all your efforts seem easier.
- If decorations are important for your get-together, plan them ahead of time and allow time to decorate on the day of the event.
- Set aside time on the day of the party for a hot bath, nap or walk to help refresh you so you can enjoy your guests and the party.

PLANNING GUIDE

Below is an approximate yield of fruits, vegetables and dips

FRUITS Allow 1/2 cup bite-sized pieces per serving

18 lb watermelon	**= 16 cups**
4 lb pineapple	**= 5 cups**
3 lb cantaloupe or honeydew	**= 4 cups**
1 pint strawberries, blueberries or raspberries	**= 2 cups**
1 lb grapes	**= 2 cups**
6 oz kiwifruit	**= 1 cup**

VEGETABLES Allow 4 to 6 pieces per serving

2 lb broccoli or cauliflower	**= 30 florets**
1 lb baby-cut carrots	**= 65 pieces**
1 lb celery	**= 50 (4 x 1/2-inch) sticks**
1 pint cherry tomatoes	**= 25 (1-inch) tomatoes**
1 pint grape tomatoes	**= 75 (1/2-inch) tomatoes**
1 lb cucumber or 1 lb zucchini (2 med)	**= 50 (1/4-inch) slices**

DIPS Allow 1 tablespoon per serving

1 cup dip	**= 16 servings**

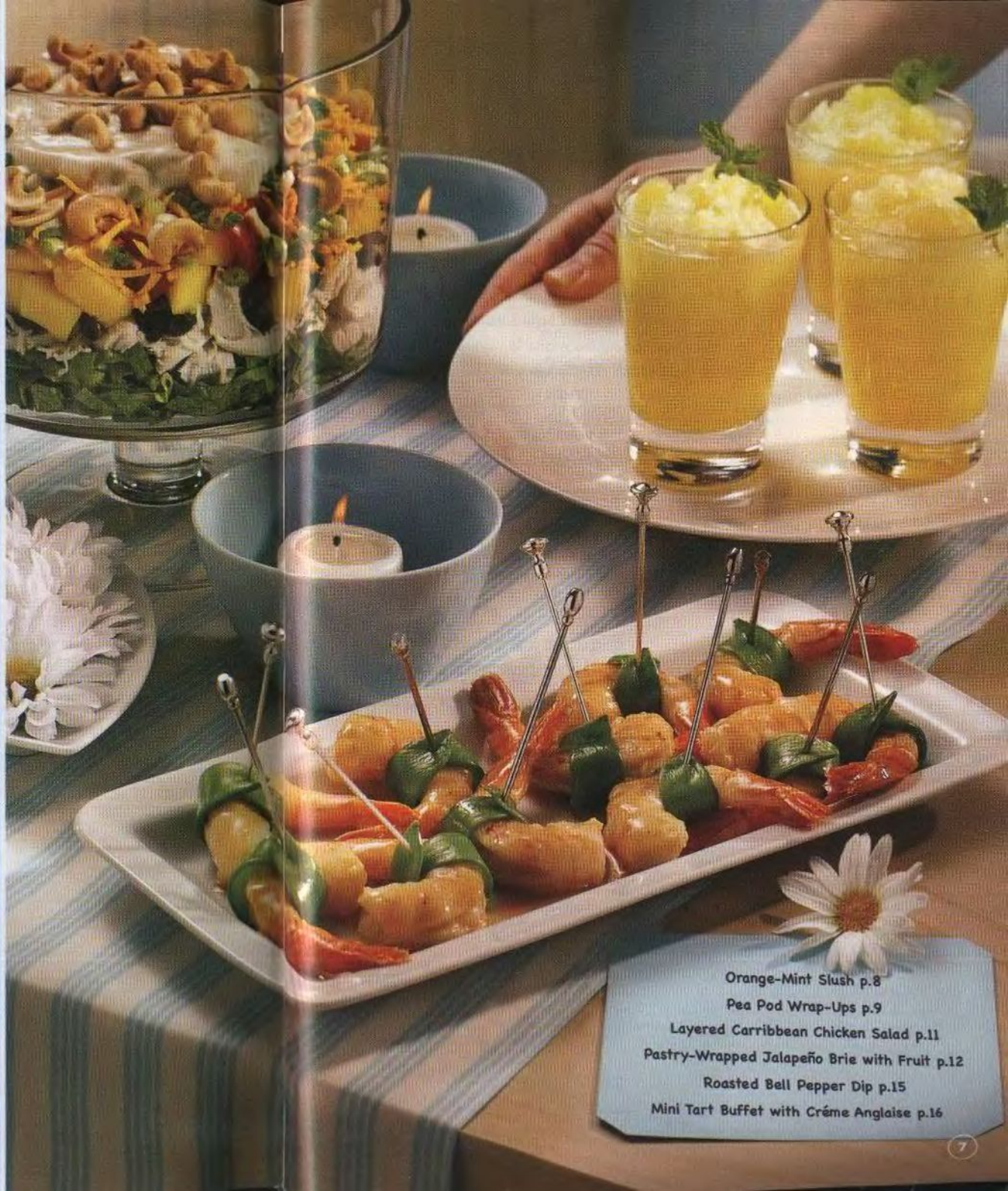
Amounts of food to purchase for get-togethers at home

	Serving Size	25 Servings	50 Servings	100 Servings
Meats, Cheeses and Buns				
Ham, turkey, cold cuts (1/2-oz slices)	2 to 3 oz	3 to 5 lb	7 to 9 lb	14 to 18 lb
Cheese (1/2-oz slices)	1 to 1 1/2 oz	1 1/2 to 2 1/2 lb	3 to 5 lb	6 to 10 lb
Buns	1 1/2 buns*	3 dozen	6 dozen	12 dozen
Prepared Foods				
Chicken or Potato Salad	1/2 cup	1 gallon	2 gallons	4 gallons
Condiments				
Mayonnaise	1 to 2 tsp.	1/2 to 1 cup	1 to 2 cups	2 to 4 cups
Mustard	1 tsp.	1/2 cup	1 cup	2 cups
Olives (small or medium)	2 to 3	6 oz	1 lb	2 lb
Pickles (medium spear)	1	1 quart	2 quarts	4 quarts
Chips				
Potato chips	1 cup (1 oz)	1 lb 8 oz	3 lb 8 oz	6 lb 8 oz
Desserts				
Cake	2x2-inch piece	1/4 sheet cake (24 pcs.)	1/2 sheet cake (48 pcs.)	1 sheet cake (96 pcs.)
Ice Cream	1/2 cup	1 gallon	2 gallons	4 gallons
Beverages				
Coffee	3/4 cup (6 oz)	1/2 lb	1 lb	2 lb
Punch	1/2 cup (4 oz)	1 gallon	2 gallons	4 gallons

*This number reflects that some people will eat one; some will eat two

SERVES 6

Girls' Night In



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Orange-Mint Slush

PREP TIME: **15 MINUTES** START TO FINISH: **5 HOURS 15 MINUTES** **15 SERVING (1 CUP EACH)**

- 2 cups sugar
- 7 cups water
- ¾ cup fresh mint leaves
- 1 can (12 oz) frozen orange juice concentrate, thawed
- 1 can (6 oz) frozen lemonade concentrate, thawed
- 4 bottles (10 oz each) club soda (5 cups), chilled
- Additional fresh mint leaves, if desired

1 In 4-quart saucepan, heat sugar, 3 cups of the water and ¾ cup mint leaves to boiling. Reduce heat; simmer 2 minutes. Cool 1 hour to blend flavors.

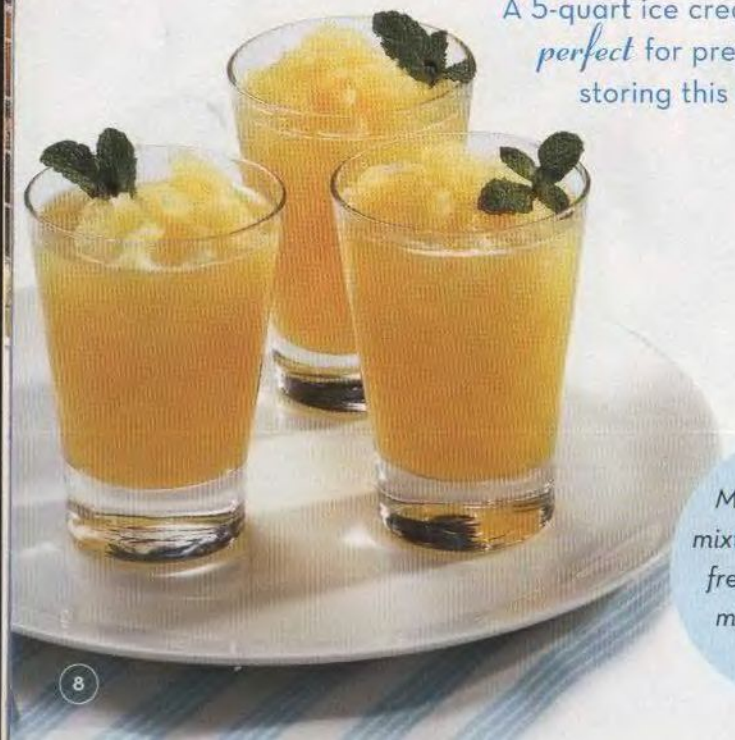
2 Strain and reserve liquid. In nonmetal freezer container, mix reserved liquid, remaining water, orange juice concentrate and lemonade concentrate; freeze until slush consistency.

3 To serve, spoon about ⅔ cup slush mixture into each serving glass; pour ⅓ cup club soda over each. Garnish with mint leaves.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 180; Total Fat 0g; Sodium 20mg; Dietary Fiber 0g
EXCHANGES: 3 Other Carbohydrate
CARBOHYDRATE CHOICES: 3

A 5-quart ice cream pail is *perfect* for preparing and storing this refreshing slush.



TIP

Make the slush mixture ahead and freeze. Thaw 30 minutes before serving.

Pea Pod Wrap-Ups

PREP TIME: **1 HOUR 20 MINUTES** START TO FINISH: **1 HOUR 20 MINUTES** **35 APPETIZERS**

- 1 lb cooked deveined peeled large shrimp (about 35)
- 1 cup (8 oz) Asian ginger dressing
- 6 oz fresh snow pea pods (about 35)
- Toothpicks or appetizer picks

1 In medium bowl, place shrimp. Pour dressing evenly over shrimp; stir to coat. Cover; refrigerate 1 hour. Meanwhile, remove stem and strings from pea pods. To partially cook pea pods, place in boiling water about 1 minute or until pea pods turn bright green. Drain; rinse with cold water and dry with paper towels.

2 Drain dressing from shrimp. Wrap 1 pea pod around each shrimp; secure with toothpick. Cover; refrigerate until serving time.

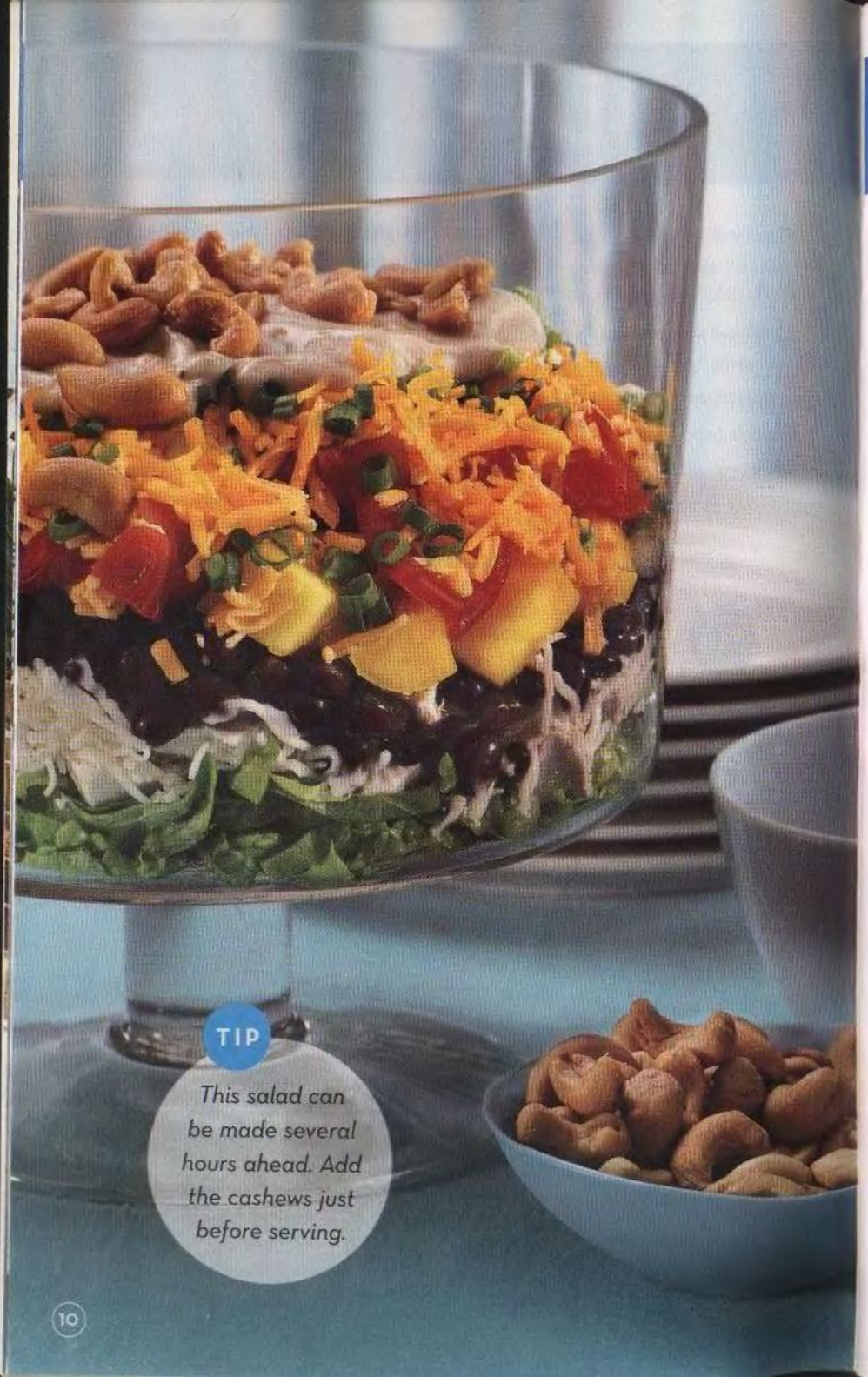
HIGH ALTITUDE (3500-6500 ft): No change.

PER APPETIZER: Calories 35; Total Fat 2g; Sodium 60mg; Dietary Fiber 0g
EXCHANGES: ½ Very Lean Meat, ½ Fat
CARBOHYDRATE CHOICES: 0

TIP

Blanching turns the pea pods bright green color and makes them pliable to wrap around the shrimp.

Changing the flavor of this appetizer is as simple as switching the salad dressing. *Experiment* to find your favorite.



TIP

This salad can be made several hours ahead. Add the cashews just before serving.

Pillsbury Bake-Off

Layered Caribbean Chicken Salad

PREP TIME: **30 MINUTES** START TO FINISH: **30 MINUTES** **6 SERVINGS (1½ CUPS EACH)**

DRESSING

- 1 container (6 oz) Yoplait® Original 99% Fat Free piña colada yogurt
- 1½ to 2 tablespoons lime juice
- 1 teaspoon Caribbean jerk seasoning

SALAD

- 3 cups shredded romaine lettuce
- 2 cups cubed cooked chicken
- 1 cup shredded Monterey Jack cheese (4 oz)
- 1 can (15 oz) Green Giant® or Progresso® black beans, drained, rinsed
- 1½ cups diced peeled ripe fresh mango
- ½ cup chopped seeded plum (Roma) tomatoes (1 to 2 medium)
- 1 cup shredded Cheddar cheese (4 oz)
- ½ cup thinly sliced green onions (8 medium)
- ½ cup cashews

1 In small bowl, mix dressing ingredients until well blended.

2 In 3- or 4-quart clear glass serving bowl, layer salad ingredients in order listed, except cashews. Spoon dressing evenly over salad; sprinkle cashews over top.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 450; Total Fat 21g; Sodium 320mg; Dietary Fiber 8g

EXCHANGES: 1 Starch, 1 Other Carbohydrate, 4 Very Lean Meat, 3½ Fat

CARBOHYDRATE CHOICES: 2

Try garnishing with edible flowers. *Nasturtiums, pansies and violas* are just a few examples.

EASY

Pastry-Wrapped Jalapeño Brie with Fruit

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 12 SERVINGS

- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 1 round (8 oz) Brie cheese, about 4 inches in diameter
- 2 tablespoons green or red jalapeño jelly or hot pepper jelly
- 2 tablespoons chopped fresh cilantro
- 1 egg, beaten
- 8 small clusters seedless red or green grapes
- 1 kiwifruit, unpeeled, sliced
- ½ cup fresh strawberry halves
- ½ orange, cut into wedges

1 Heat oven to 350°F. Spray cookie sheet with cooking spray. Unroll dough onto cookie sheet; pat dough and firmly press perforations to seal.

2 Cut cheese horizontally into 2 equal layers. Place bottom half of cheese on center of dough on cookie sheet. Spread jelly over cheese. Sprinkle with chopped cilantro. Top with remaining cheese half.

3 Lift and gently press dough evenly around cheese. Gather dough together over top of cheese; twist to form bow. Brush dough with beaten egg.

4 Bake 20 to 25 minutes or until golden brown. Cool 15 minutes before serving.

5 To serve, place warm pastry-wrapped Brie on platter. Arrange fruit around Brie. Cover and refrigerate any remaining Brie.

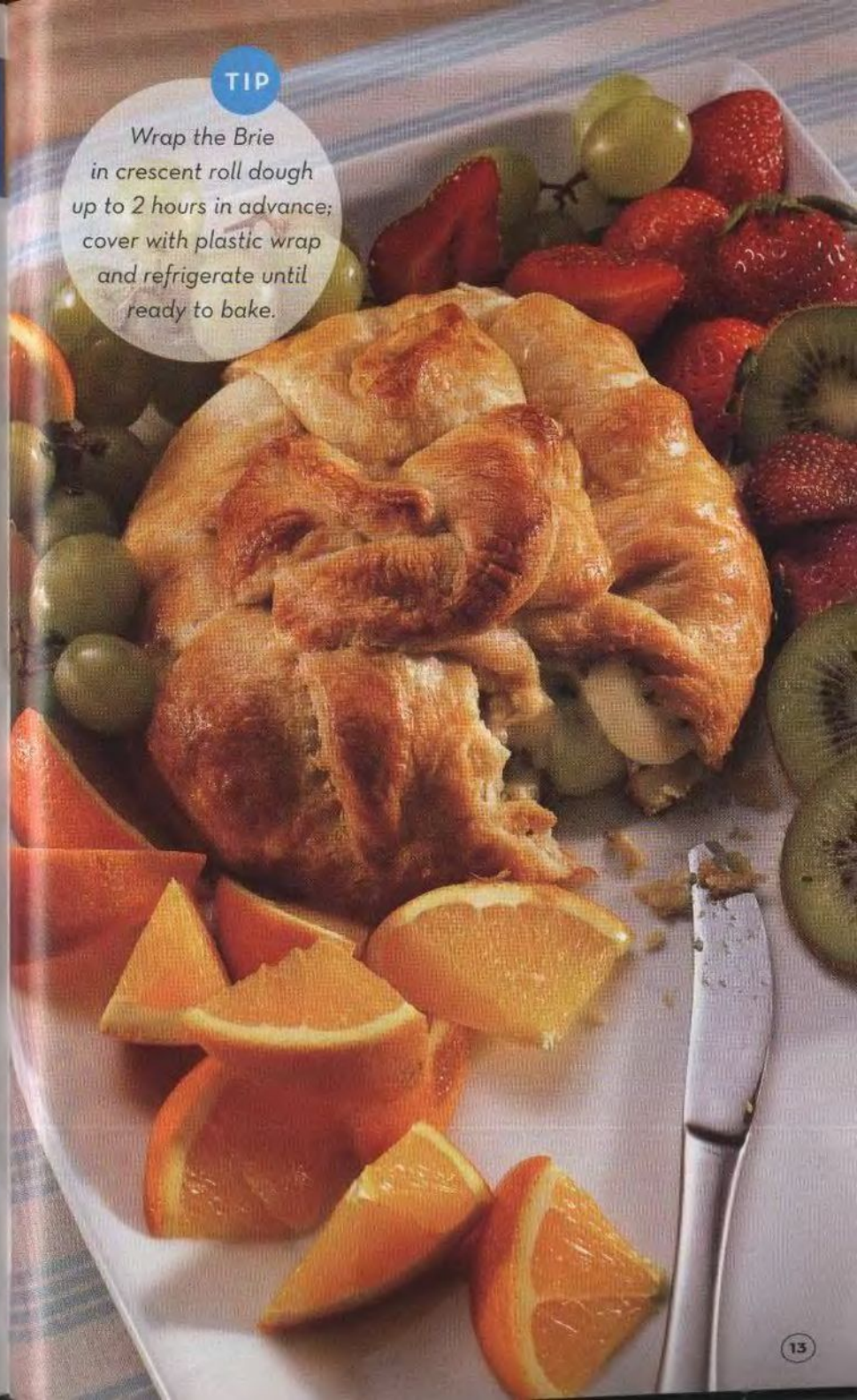
HIGH ALTITUDE (3500-6500 ft): Heat oven to 375°F. Unroll dough and separate crosswise into 2 sections; press dough into 2 squares, firmly pressing perforations to seal. Place 1 square on ungreased cookie sheet and cut off corners with a sharp knife. (Cut outs will have a leaf appearance.) Set cut-outs aside. Continue with step 2. With sharp knife, cut off corners of remaining dough square. Set cut outs aside. Place remaining dough on top of cheese round. Press around cheese, folding bottom edges over top edges. Press to seal completely. Brush dough with egg. Arrange cut outs over top and edges; brush with egg. Bake 25 to 30 minutes.

PER SERVING: Calories 170; Total Fat 10g; Sodium 270mg; Dietary Fiber 0g

EXCHANGES: ½ Starch, ½ Other Carbohydrate, ½ High-Fat Meat, 1 Fat

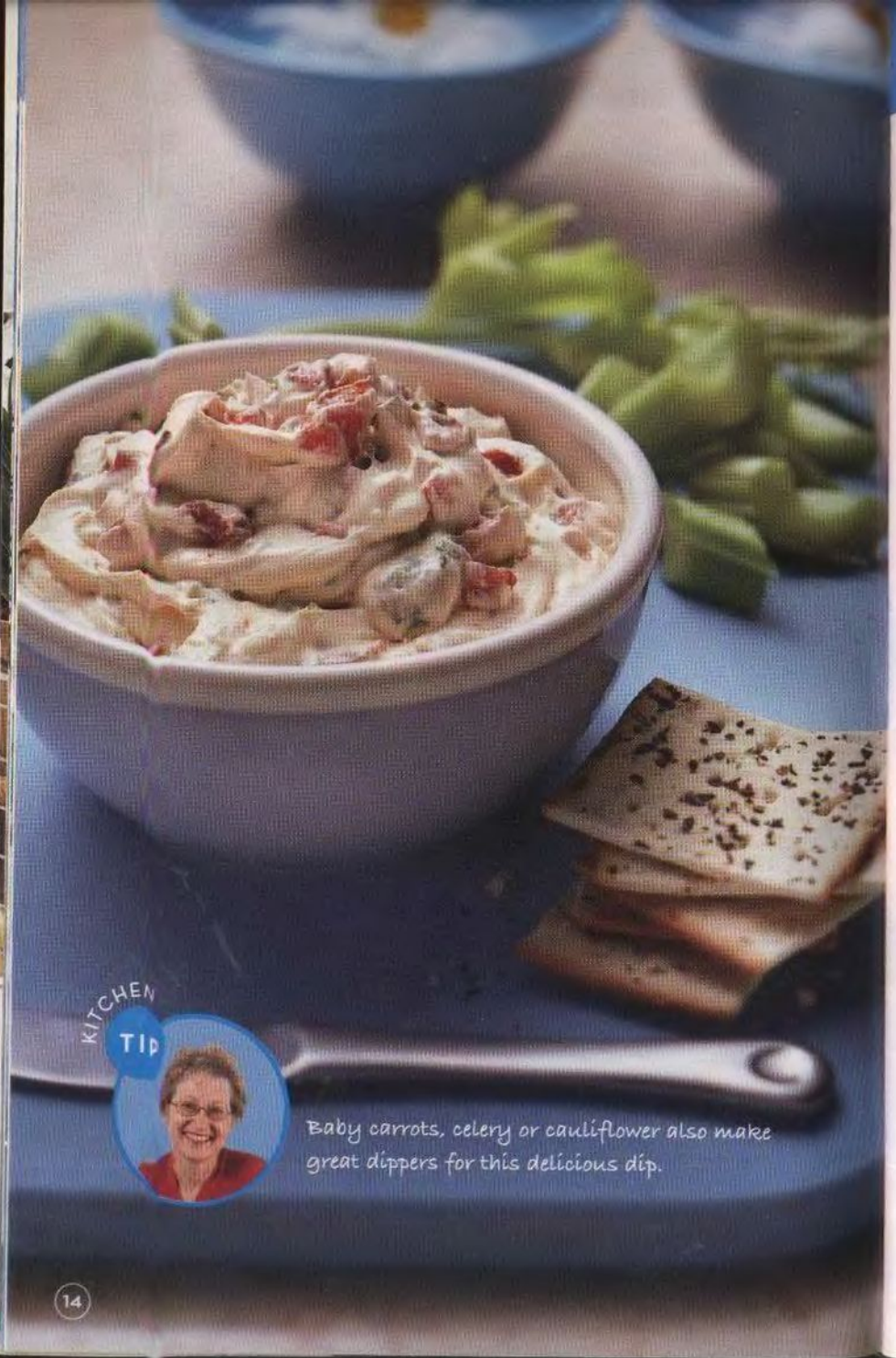
CARBOHYDRATE CHOICES: 1

Jalapeño jelly or hot pepper jelly has a *spicy-sweet* flavor that contrasts nicely with the creamy mild Brie in this recipe. Look for jalapeño jelly near the other jellies in the grocery store.



TIP

Wrap the Brie in crescent roll dough up to 2 hours in advance; cover with plastic wrap and refrigerate until ready to bake.



KITCHEN TIP

Baby carrots, celery or cauliflower also make great dippers for this delicious dip.

Roasted Bell Pepper Dip

PREP TIME: **20 MINUTES** START TO FINISH: **20 MINUTES** **12 SERVINGS (2 TABLESPOONS DIP EACH)**

- 1 package (8 oz) cream cheese, softened
- ¼ cup sour cream
- ½ cup finely chopped roasted red bell peppers (from a jar)
- 3 tablespoons chopped fresh cilantro
- ¼ teaspoon red pepper sauce
- 1 clove garlic, finely chopped
- 2 fresh cilantro sprigs
- Assorted crackers

1 In medium bowl, mix all ingredients except cilantro sprigs and crackers. Spoon into serving bowl. Garnish with cilantro sprigs.

2 Serve immediately with crackers, or cover and refrigerate until serving time. If refrigerated, let stand 10 to 15 minutes before serving.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 80; Total Fat 8g; Sodium 60mg; Dietary Fiber 0g
EXCHANGES: 1½ Fat
CARBOHYDRATE CHOICES: 0

If you or your guests aren't a fan of cilantro, *feel free* to leave it out.

EASY

Mini Tart Buffet with Crème Anglaise

PREP TIME: **20 MINUTES** START TO FINISH: **1 HOUR 20 MINUTES** **6 TARTS**

CRÉME ANGLAISE

- 1 cup whipping cream
- ½ vanilla bean, split lengthwise, or 1 teaspoon vanilla
- 2 egg yolks
- ¼ cup sugar

TARTS

- 1 Pillsbury® refrigerated pie crust (from 15-oz box), softened as directed on box
- ¾ teaspoon sugar

TOPPINGS

- 2½ cups sliced fresh strawberries
- 1 cup fresh blackberries or black raspberries
- 1 cup roasted whole cashews
- 1 jar gourmet chocolate topping, heated
- 1 jar lemon or lime curd

To store strawberries for a day or two, arrange unwashed berries in a single layer on a baking pan with sides, lined with paper towels. *Cover* the berries with paper towels and refrigerate; *wash* just before use.

1 Make Créme Anglaise. In 2-quart saucepan, heat cream and vanilla bean (if using vanilla, add at the end) just to boiling over low heat. In small bowl, beat egg yolks and sugar with wire whisk. Beat small amount of hot cream into yolks. Blend yolk mixture into cream in saucepan; cook over low heat about 10 minutes, stirring constantly, until custard coats a spoon. DO NOT BOIL. Remove from heat. Remove vanilla bean and scrape seeds into sauce. Stir until seeds separate. Cool to room temperature, about 30 minutes. Refrigerate until serving time.

2 Heat oven to 450°F. Spray back of 12-cup regular-size muffin pan with cooking spray. Remove pie crust from pouch; unroll on work surface. Sprinkle crust with sugar; press in lightly. Cut 6 rounds from crust with 4-inch round cookie cutter, or trace 6 rounds with top of large drinking glass and cut out with sharp knife.

3 Fit rounds, sugared side up, alternately over backs of muffin cups. Pinch 5 equally spaced pleats around side of each cup. Prick each generously with fork.

4 Bake 5 to 7 minutes or until lightly browned. Cool 5 minutes. Carefully remove tart shells from muffin cups. Cool completely, about 30 minutes.

5 Just before serving, arrange tart shells on tray with toppings and Créme Anglaise in separate serving containers. Cover and refrigerate any remaining Créme Anglaise.

HIGH ALTITUDE (3500-6500 ft): Bake 5 to 6 minutes.

PER TART SHELL (WITHOUT TOPPINGS): Calories 830; Total Fat 40g; Sodium 440mg; Dietary Fiber 5g

EXCHANGES: ½ Starch, ½ Fruit, 6 Other Carbohydrate, 1 High-Fat Meat, 6½ Fat
CARBOHYDRATE CHOICES: 7

TIP

Kiwi fruit slices, mandarin orange wedges and diced fresh mango also make great topping options for these tarts.

1

MAIN DISHES

Mouthwatering ideas for every meal

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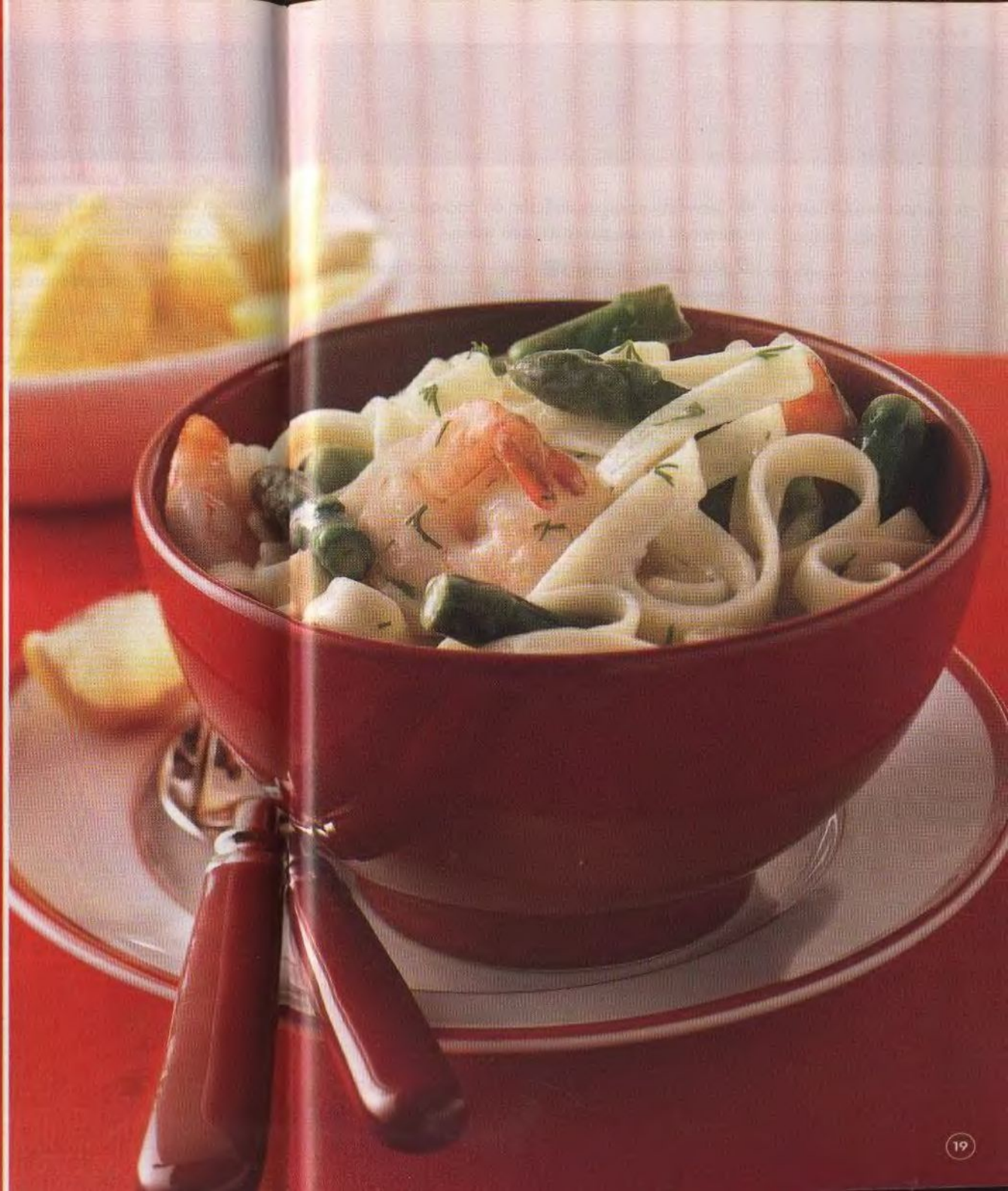


Asparagus, Shrimp and Dill Fettuccine

PREP TIME: **25 MINUTES** START TO FINISH: **25 MINUTES** **2 SERVINGS**

- 6 oz uncooked fettuccine
- ¾ cup chicken broth
- 1 tablespoon all-purpose or unbleached flour
- 1 tablespoon fresh lemon juice
- 1½ teaspoons finely chopped fresh dill weed
- 2 teaspoons olive oil
- 1 cup cut (1-inch) fresh asparagus spears
- ½ lb uncooked deveined peeled medium shrimp
- 2 lemon wedges

1 Cook fettuccine as directed on package to desired doneness. Drain; cover to keep warm.

2 Meanwhile, in small bowl, mix broth and flour. Stir in lemon juice and dill. Set aside.

3 In 10-inch nonstick skillet or Dutch oven, heat olive oil over medium heat until hot. Add asparagus; cook and stir 2 minutes. Add shrimp; cook and stir 3 minutes longer or until shrimp turn pink.

4 Add broth mixture to skillet; cook over medium heat, stirring frequently, until slightly thickened.

5 Add cooked fettuccine to skillet; toss gently to coat. Garnish each serving with lemon wedge.

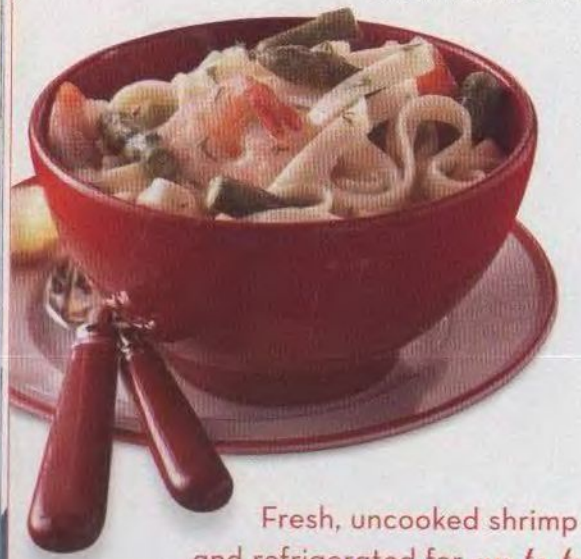
HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 470; Total Fat 11g; Sodium 950mg; Dietary Fiber 4g

EXCHANGES: 3 Starch, 1 Other Carbohydrate, 3 Very Lean Meat, 1½ Fat
CARBOHYDRATE CHOICES: 4

TIP

Try substituting broccoli for the asparagus.



Fresh, uncooked shrimp can be tightly covered and refrigerated for *up to two days*. Rinse with cold water and pat dry on paper towels before storing.

Fiesta Grilled Chicken Sandwiches with Chipotle Mayonnaise

PREP TIME: **30 MINUTES** START TO FINISH: **30 MINUTES** **4 SERVINGS (2 SANDWICHES EACH)**

- ¼ cup grated Parmesan cheese
- 2 tablespoons Old El Paso® taco seasoning mix (from 1.25-oz package)
- 4 boneless skinless chicken breasts
- 4 slices (½ oz each) pepper Jack or Monterey Jack cheese
- 8 Pillsbury® Oven Baked frozen crusty French dinner rolls
- ¼ cup chipotle or regular mayonnaise, if desired
- 8 leaves leaf lettuce
- ¼ cup Old El Paso® Thick 'n Chunky salsa

1 Heat gas or charcoal grill. Mix Parmesan cheese and taco seasoning mix. Coat chicken with cheese mixture.

2 Carefully oil grill rack. Place chicken on grill over medium heat. Cover grill; cook 10 to 12 minutes or until juice of chicken is clear when center of thickest part is cut, turning once or twice. Cut each chicken breast in half crosswise; top each with half slice of cheese to melt. To heat dinner rolls, place 4 rolls each in separate foil packets on grill during last 6 to 7 minutes of cook time until hot.

3 Spread mayonnaise on bottom halves of rolls. Top each with lettuce leaf, cheese-topped chicken, salsa and top half of roll.

Broiling Directions: Place chicken on broiler pan; broil 4 to 6 inches from heat, using grilling times above as a guide.

HIGH ALTITUDE (3500-6500 ft): Flatten chicken breasts to approximately ¾ inch before coating. Grill over medium-low heat 12 to 15 minutes or until juice of chicken is clear, turning once or twice.

PER SERVING: Calories 390; Total Fat 11g; Sodium 1180mg; Dietary Fiber 0g

EXCHANGES: 2 Starch, ½ Other Carbohydrate, 4 Very Lean Meat, 1½ Fat
CARBOHYDRATE CHOICES: 2

TIP

Try serving this sandwich buffet-style at a party and let guests create their own sandwiches.

Chicken Salad Cups

PREP TIME: **10 MINUTES** START TO FINISH: **30 MINUTES** **4 SALAD CUPS**

- 2 cups chopped cooked chicken
- 1/3 cup sliced celery
- 1/4 cup mayonnaise or salad dressing
- 1 tablespoon chopped toasted sliced almonds
- 1 medium green onion, chopped (1 tablespoon)
- 1/8 teaspoon freshly ground black pepper
- 4 Pillsbury® Perfect Portions® refrigerated buttermilk biscuits (twin pack from 15.4-oz package)
- 1/4 cup shredded Cheddar cheese (1 oz)

1 Heat oven to 375°F. Lightly grease 4 jumbo muffin cups. In small bowl, mix chicken, celery, mayonnaise, almonds, onion and black pepper until well blended.

2 Press each biscuit to cover bottom and side of muffin cup. Spoon chicken mixture into biscuit cups.

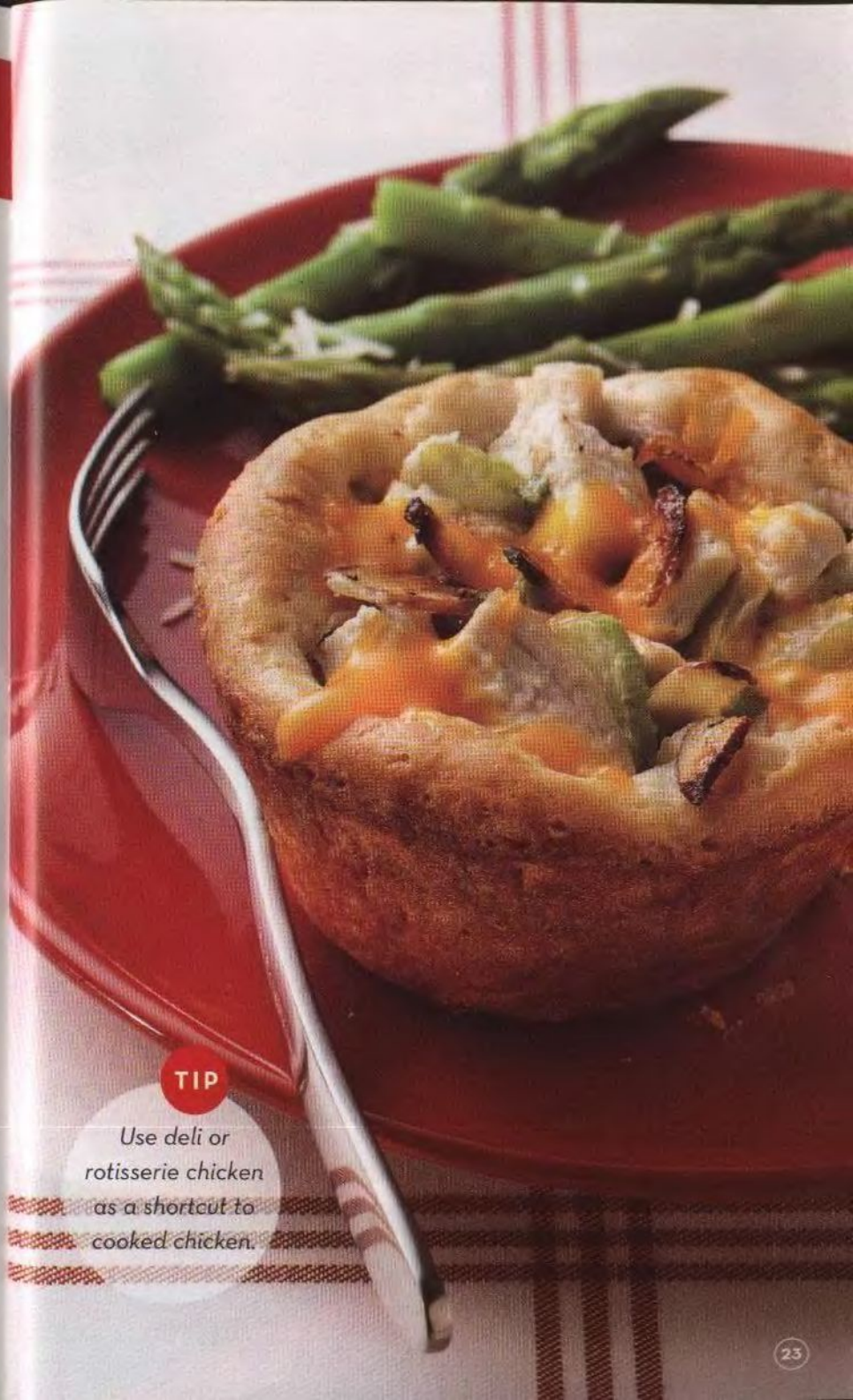
3 Bake 16 to 21 minutes or until edges are deep golden brown. Sprinkle with cheese.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SALAD CUP: Calories 350; Total Fat 19g; Sodium 550mg; Dietary Fiber 0g

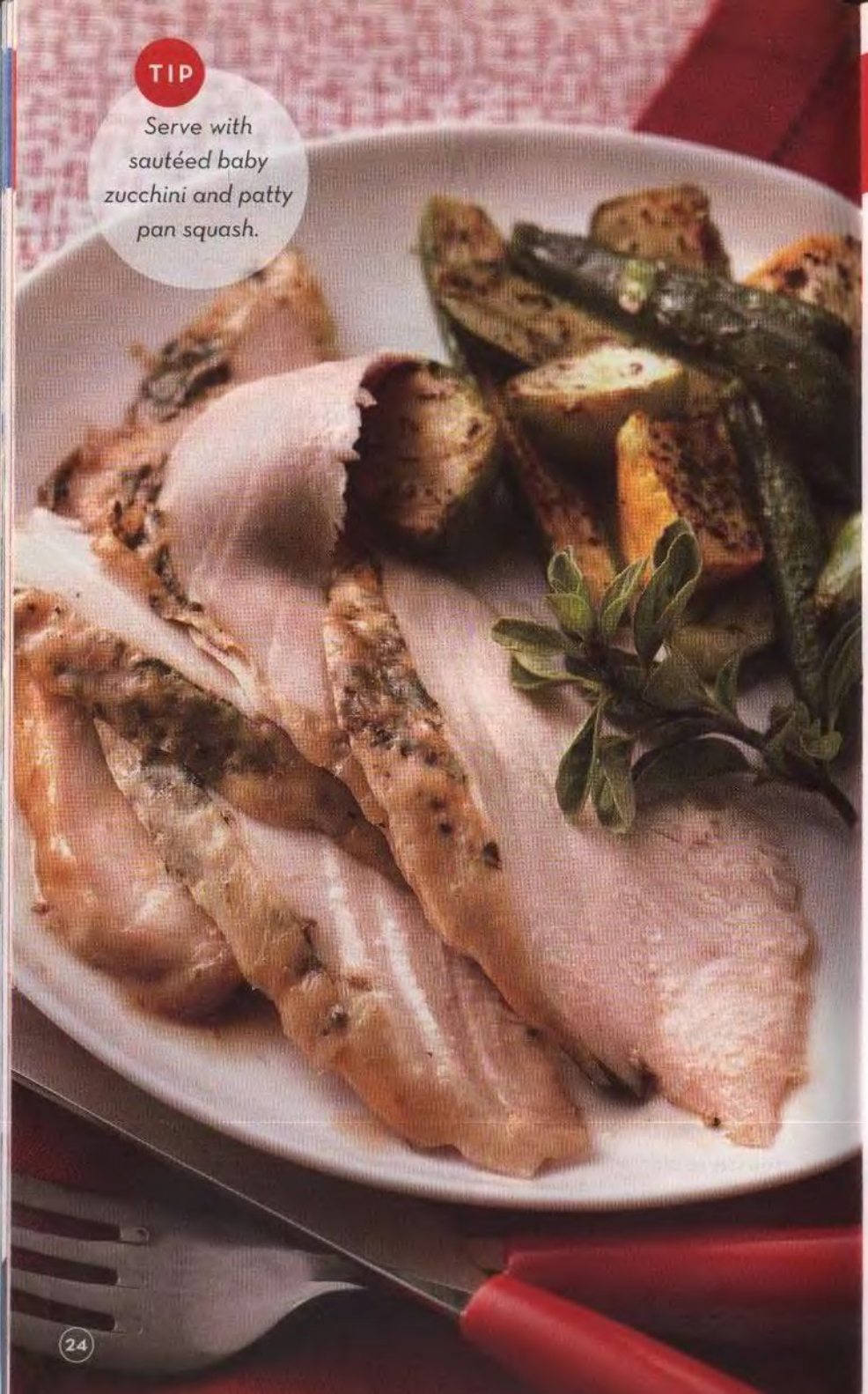
EXCHANGES: 1½ Starch, 2½ Lean Meat, 2 Fat
CARBOHYDRATE CHOICES: 1½

To toast almonds, heat oven to 350°F. Spread almonds in ungreased shallow pan. Bake uncovered 4 to 6 minutes, stirring occasionally, until golden brown.



TIP

Use deli or rotisserie chicken as a shortcut to cooked chicken.



TIP

Serve with sautéed baby zucchini and patty pan squash.

Lemon and Herb-Roasted Turkey Breast

PREP TIME: **15 MINUTES** START TO FINISH: **3 HOURS** **8 SERVINGS**

- 1 lemon
- 2 cloves garlic, finely chopped
- 2 tablespoons finely chopped fresh parsley
- ½ teaspoon salt
- ½ teaspoon dried sage leaves
- ½ teaspoon dried marjoram leaves
- ¼ teaspoon pepper
- 1 tablespoon olive oil
- 1 fresh or frozen bone-in skin-on whole turkey breast (5 to 5½ lb), thawed

1 Heat oven to 325°F. Spray 13x9-inch pan and 16x12-inch sheet of foil with cooking spray. Grate peel from lemon. Cut lemon into quarters; set aside. In small bowl, mix lemon peel, garlic, parsley, salt, sage, marjoram, pepper and oil.

2 Loosen skin covering turkey breast and pull away, leaving attached at neck. If necessary, use sharp knife to loosen. Rub herb mixture evenly over turkey breast meat. Replace skin over breast, tucking under bottom of breast. Rub any remaining mixture over skin. Place turkey, skin side up, in pan. Place lemon quarters in neck opening. Cover with foil.

3 Bake 1 hour. Uncover pan; insert ovenproof meat thermometer so tip is in thickest part of breast and does not touch bone. Bake uncovered 1¼ to 1¾ hours longer or until thermometer reads 170°F. Let stand 5 minutes before carving. Remove and discard lemon from neck opening before cutting turkey into slices.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 360; Total Fat 16g; Sodium 270mg; Dietary Fiber 0g

EXCHANGES: 7½ Very Lean Meat, 2½ Fat
CARBOHYDRATE CHOICES: 0

Leftover fresh parsley can be frozen for a later use. Coarsely chop parsley, lightly sprinkle with salt, place in a freezer container and freeze. The salt keeps the parsley from freezing together.

EASY

Grilled Dill-Mustard Salmon

PREP TIME: **20 MINUTES** START TO FINISH: **20 MINUTES** **6 SERVINGS**

- 1 tablespoon chopped fresh dill
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- ¼ cup mayonnaise or salad dressing
- 1½ lb fresh salmon fillet
- Cooking spray

1 Heat gas or charcoal grill. In small bowl, mix dill, mustard and honey. In small bowl, place 2 tablespoons mustard mixture; stir in mayonnaise until well blended. Refrigerate sauce until serving time. Reserve remaining mustard mixture for brushing on salmon.

2 Spray skin side of salmon with cooking spray. Place salmon, skin side down, on grill over medium heat. Spoon reserved mustard mixture onto salmon, spreading evenly. Cover grill; cook 10 to 15 minutes or until fish flakes easily with fork. Serve mayonnaise-mustard sauce mixture with salmon.

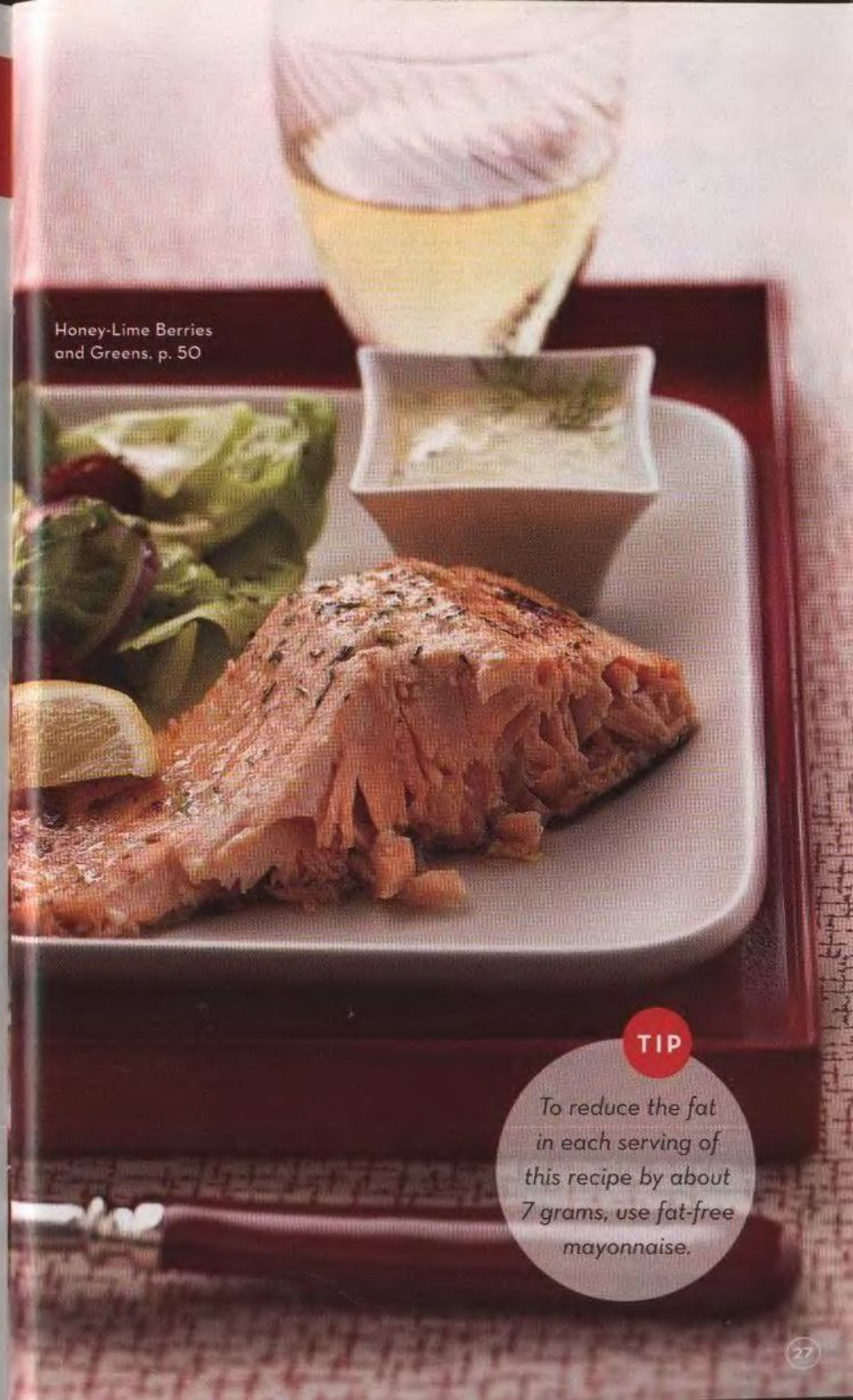
Broiling Directions: Place skin side up on broiler pan; do not spread with mustard mixture. Broil with top 4 to 6 inches from heat, using times above as a guide, turning once halfway through broiling and spreading with mustard mixture.

HIGH ALTITUDE (3500-6500 ft): Grill over medium-low heat.

PER SERVING: Calories 240; Total Fat 14g; Sodium 180mg; Dietary Fiber 0g

EXCHANGES: 3½ Lean Meat, 1 Fat
CARBOHYDRATE CHOICES: 0

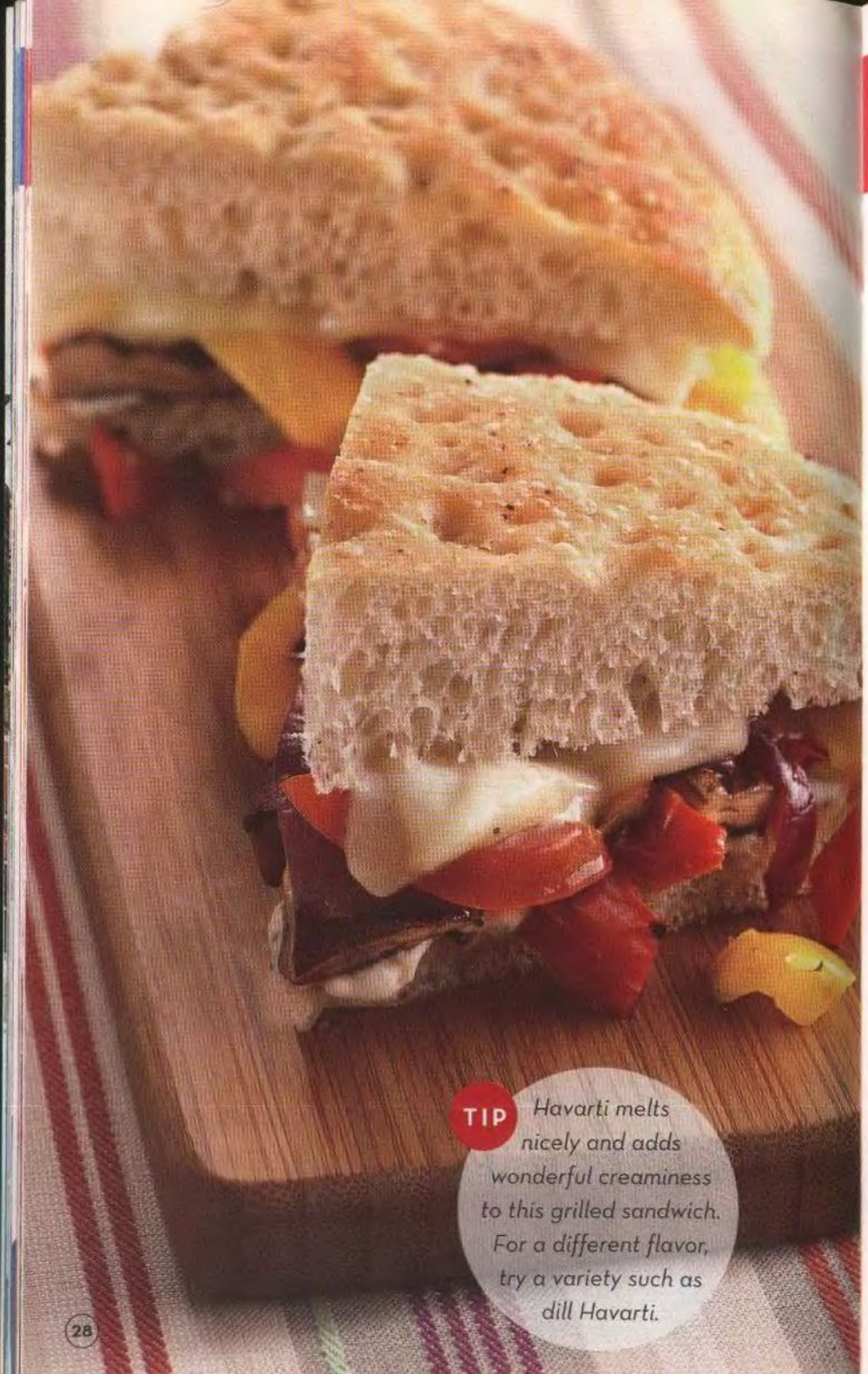
It's important to *separate* the portion of the sauce you will be serving *later*. This ensures that bacteria from uncooked meat or fish will not contaminate the uncooked serving sauce.



Honey-Lime Berries and Greens, p. 50

TIP

To reduce the fat in each serving of this recipe by about 7 grams, use fat-free mayonnaise.



TIP *Havarti melts nicely and adds wonderful creaminess to this grilled sandwich. For a different flavor, try a variety such as dill Havarti.*

Grilled Vegetable Focaccia

PREP TIME: **35 MINUTES** START TO FINISH: **35 MINUTES** **6 SERVINGS**

MAYONNAISE SPREAD

- ⅓ cup light mayonnaise
- 1 tablespoon chopped fresh chives
- 1 teaspoon chopped fresh thyme leaves
- 1 teaspoon stone-ground mustard
- 1 clove garlic, finely chopped

SANDWICH

- 1 package (6 oz) portabella mushroom caps
- 1 small red bell pepper, quartered lengthwise
- 1 small yellow bell pepper, quartered lengthwise
- 2 slices (½ inch) red onion
- Cooking spray
- 1 focaccia bread (10 inch)
- 1 large tomato, sliced
- 4 oz Havarti cheese, sliced

1 Heat gas or charcoal grill. In small bowl, mix mayonnaise spread ingredients. Refrigerate. With small metal spoon, scrape underside of mushroom caps to remove dark gills.

2 Spray mushrooms, bell peppers and onion slices with cooking spray. Place on grill over medium heat. Cover grill; cook 7 to 10 minutes, turning occasionally, until bell peppers and onion are crisp-tender. Remove vegetables from grill; let stand until cool enough to handle.

3 Meanwhile, cut focaccia in half horizontally to form 2 rounds. Spread mayonnaise spread evenly on cut side of bottom half.

4 Slice mushrooms; arrange over mayonnaise spread. Cut bell peppers into thin strips; layer over mushrooms. Separate onion slices into rings; place over peppers. Top with tomato and cheese slices. Cover with top half of focaccia.

5 If desired, wrap sandwich in foil; place on grill. Cook 1 to 2 minutes or until cheese is melted. To serve, cut into 6 wedges.

HIGH ALTITUDE (3500-6500 ft): Grill over medium-low heat.

PER SERVING: Calories 360; Total Fat 18g; Sodium 800mg; Dietary Fiber 3g

EXCHANGES: 2½ Starch, 1 Vegetable, 3 Fat

CARBOHYDRATE CHOICES: 2½

Use colorful toothpicks to hold these sandwiches together. Look for themed party picks at paper supply stores or in the party section of your grocery store.

Smoky Brunch Pizza

PREP TIME: **30 MINUTES** START TO FINISH: **30 MINUTES** **8 SERVINGS**

- 1 can (13.8 oz) Pillsbury® refrigerated pizza crust
- 2 tablespoons butter or margarine
- ¼ cup chopped red bell pepper
- 4 green onions, sliced (¼ cup)
- 8 eggs
- ¼ cup milk
- ⅛ teaspoon pepper
- 1 package (4 oz) smoked salmon, flaked
- ½ cup chives-and-onion cream cheese (from 8-oz container)

1 Heat oven to 425°F. Grease 12-inch pizza pan or 13x9-inch pan. Unroll dough; place in pan. Starting at center, press out dough with hands. Bake 6 to 7 minutes or until crust begins to brown.

2 Meanwhile, in 10-inch skillet, melt butter over medium heat. Add bell pepper and onions; cook and stir 3 to 4 minutes or until tender.

3 In medium bowl, beat eggs, milk and pepper. Add egg mixture to skillet. Cook 4 to 5 minutes, stirring occasionally, until thoroughly cooked but still moist. Fold in salmon. Remove from heat.

4 Spread cream cheese evenly over crust. Spoon cooked egg mixture over cream cheese.

5 Bake 9 to 12 minutes longer or until toppings are hot and crust is deep golden brown. If desired, garnish with additional green onions.

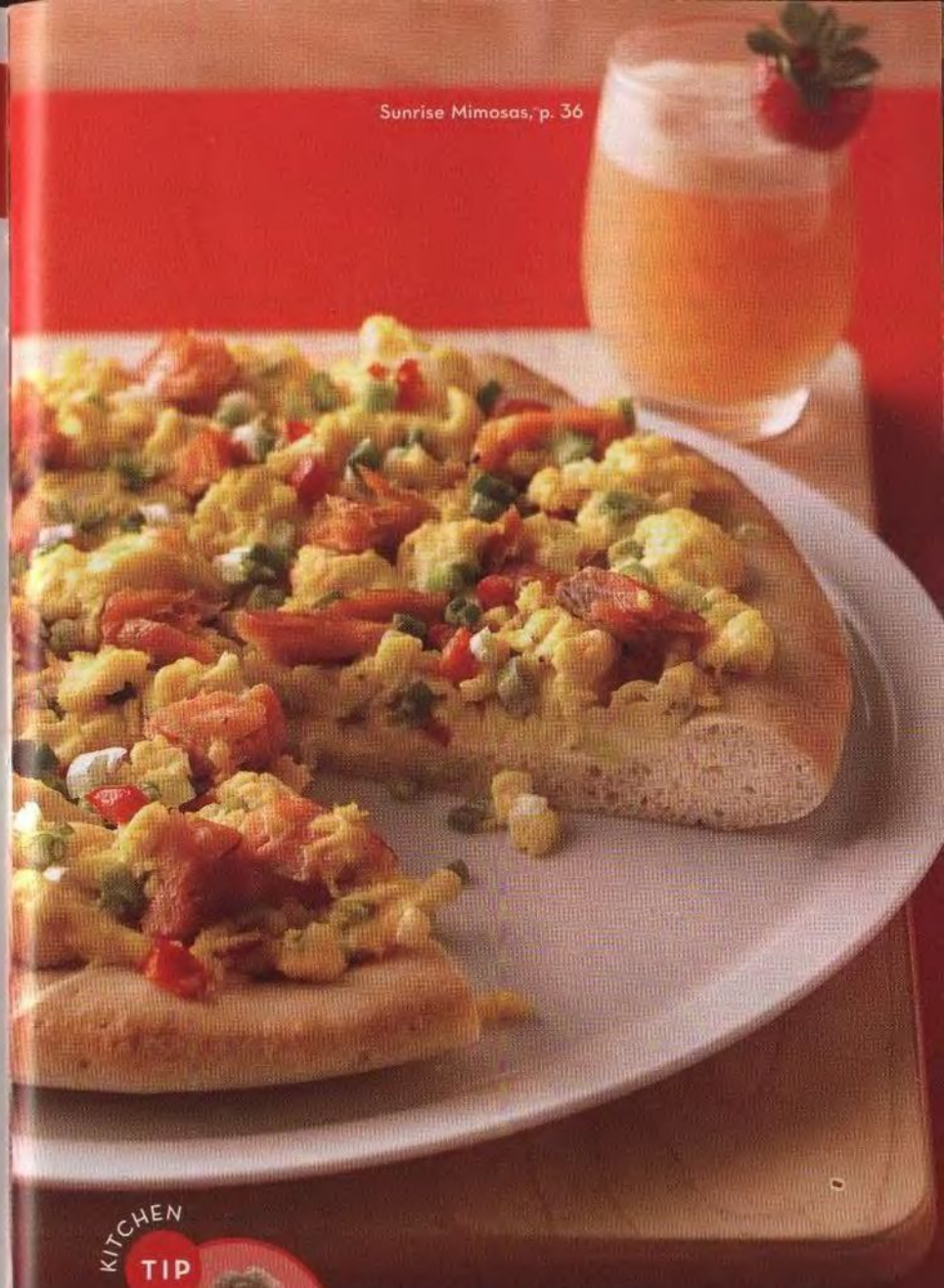
HIGH ALTITUDE (3500-6500 ft): In step 1, bake 8 to 10 minutes. In step 5, bake 10 to 14 minutes.

PER SERVING: Calories 290; Total Fat 15g; Sodium 650mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1½ Medium-Fat Meat, 1½ Fat
CARBOHYDRATE CHOICES: 1½

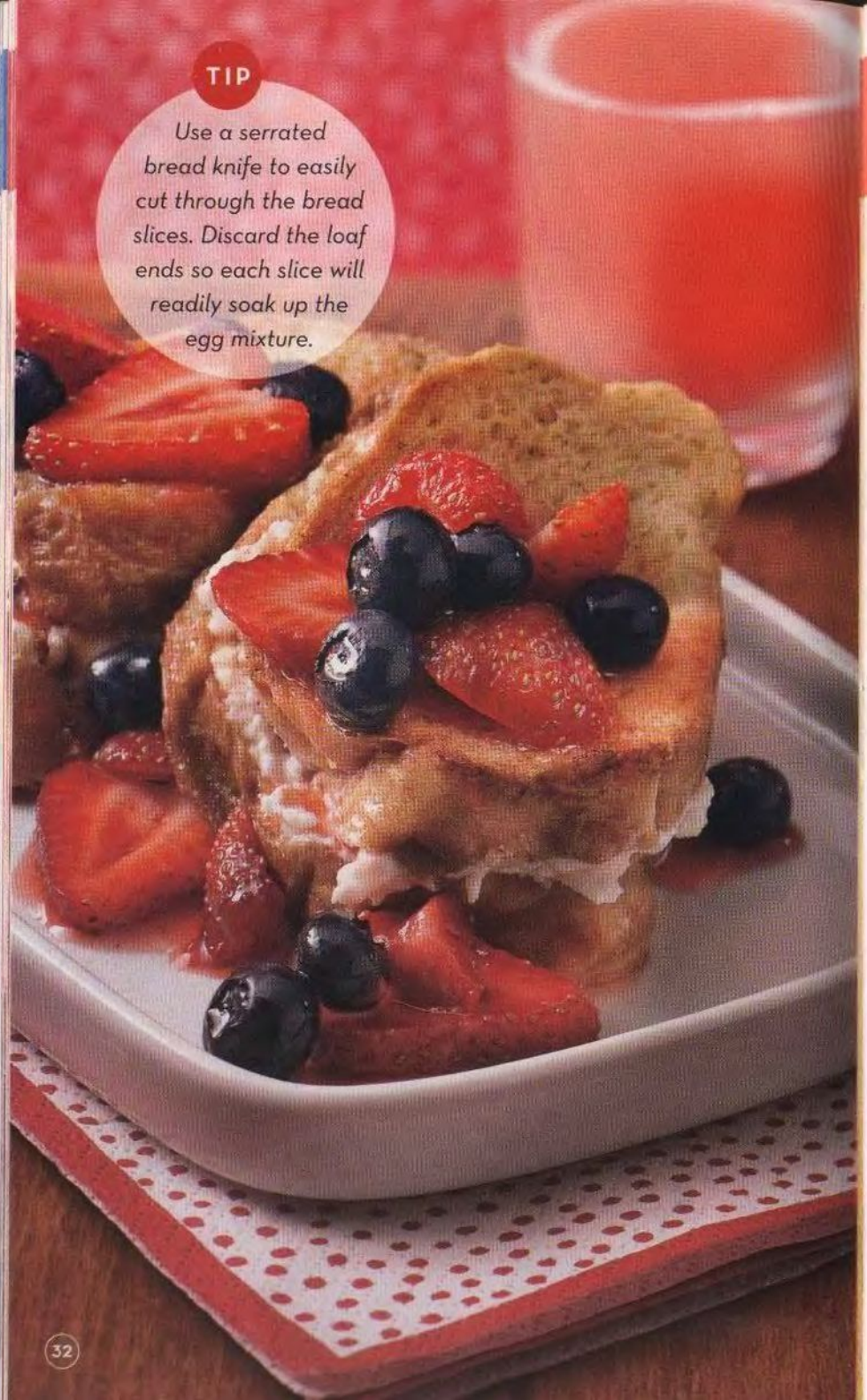
To get a jump-start on this pizza, cook the bell peppers and onions the day before and refrigerate until you're ready to complete the recipe.

Sunrise Mimosas, p. 36



KITCHEN TIP

Smoked salmon is similar to, but not the same as lox. Lox is brine-cured and typically more salty than smoked salmon.



TIP

Use a serrated bread knife to easily cut through the bread slices. Discard the loaf ends so each slice will readily soak up the egg mixture.

Cream Cheese French Toast Bake with Strawberry Topping

PREP TIME: **30 MINUTES** START TO FINISH: **9 HOURS** **6 SERVINGS**

FRENCH TOAST BAKE

- 1 container (8 oz) pineapple cream cheese spread
- 1 loaf (1 lb) French bread (about 18 inches long), cut into 24 (¾-inch-thick) slices
- 4 eggs
- 1 cup milk
- ¼ cup sugar
- ¼ teaspoon salt
- ¼ teaspoon ground cinnamon
- 2 tablespoons butter or margarine, melted

TOPPING

- 3 cups fresh strawberries
- ¼ cup sugar
- 2 tablespoons amaretto, if desired
- 1 cup fresh blueberries

1 Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Spread about 1 tablespoon cream cheese on each of 12 bread slices. Top with remaining bread slices to make 12 sandwiches. Place sandwiches in baking dish to cover bottom of pan.

2 In medium bowl, beat eggs. Add milk, ¼ cup sugar, the salt and cinnamon; beat well. Pour over sandwiches in baking dish. Let stand at room temperature 5 minutes. Turn sandwiches over. Cover; refrigerate about 8 hours or overnight.

3 Chop 1 cup of the strawberries. (Refrigerate remaining berries.) In nonmetal bowl, gently stir together chopped strawberries, ¼ cup sugar and the amaretto. Cover; refrigerate about 8 hours or overnight.

4 Heat oven to 400°F. Uncover baking dish; drizzle sandwiches with melted butter. Bake 25 to 30 minutes or until golden brown.

5 Meanwhile, slice remaining strawberries and add with blueberries to chilled strawberry mixture; mix lightly. Serve French toast with berry topping.

HIGH ALTITUDE (3500-6500 ft): Heat oven to 425°F.

PER SERVING: Calories 530; Total Fat 22g; Sodium 880mg; Dietary Fiber 4g

EXCHANGES: 2½ Starch, ½ Fruit, 1½ Other Carbohydrate, 1 Medium-Fat Meat, 3 Fat

CARBOHYDRATE CHOICES: 4½

This is a *great recipe* to serve guests for breakfast since you can make it the night before.

SERVES 8

Spring Brunch

Sunrise Mimosos p.36
Ham 'n Cheese Omelet Bake p.37
Gingered Fresh Fruit Salad p.39
Cinnamon-Pecon Pull Apart p.40

Sunrise Mimosas

PREP TIME: 10 MINUTES START TO FINISH: 10 MINUTES 12 SERVINGS (¾ CUP EACH)

- 1 package (10 oz) frozen strawberries in syrup, thawed, undrained
- 3 cups 100% tangerine juice (made from frozen concentrate)
- 2 bottles (750 ml each) champagne or 7 cups club soda, chilled
- 12 strawberries with stems, if desired

1 Place strainer over medium bowl; pour strawberries with syrup into strainer. Press berries with back of spoon through strainer to remove seeds; discard seeds.

2 In nonmetal bowl or pitcher, mix strawberry puree, tangerine juice and champagne; stir gently. Serve over ice in stemmed goblets. Garnish each glass with strawberry.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 160; Total Fat 0g; Sodium 10mg; Dietary Fiber 0g

EXCHANGES: ½ Fruit, ½ Other Carbohydrate, 2 Fat
CARBOHYDRATE CHOICES: 1

These mouthwatering mimosas don't require an expensive champagne to taste delicious – *tangerine juice* is the main flavor.

TIP

Make one batch with champagne and one with club soda so kids can enjoy the "bubbly" too.

Pillsbury Bake-Off

Ham 'n Cheese Omelet Bake

PREP TIME: 15 MINUTES START TO FINISH: 1 HOUR 25 MINUTES 8 SERVINGS

- 1 box (10 oz) Green Giant® frozen broccoli & cheese flavored sauce
- 10 eggs
- 1½ cups milk
- 1 teaspoon ground mustard
- 2 cups diced cooked ham
- ⅓ cup chopped onion
- 1 cup shredded Cheddar cheese (4 oz)
- 1 cup shredded Swiss cheese (4 oz)
- 1 jar (4.5 oz) Green Giant® sliced mushrooms, drained
- 1 can (10.2 oz) Pillsbury® Grands!® Flaky Layers refrigerated original biscuits (5 biscuits)

1 Cut small slit in center of broccoli and cheese sauce pouch. Microwave on High 2 to 3 minutes, rotating pouch ¼ turn once halfway through microwaving. Set aside to cool slightly.

2 Meanwhile, spray bottom only of 13x9-inch (3-quart) glass baking dish with cooking spray. In large bowl, beat eggs, milk and mustard with wire whisk until well blended. Stir in ham, onion, cheeses, mushrooms and cooked broccoli and cheese sauce. Pour mixture in sprayed dish. If desired, cover and refrigerate up to 24 hours.

3 Heat oven to 350°F. Separate dough into 5 biscuits. Cut each biscuit into 8 pieces; fold into egg mixture. Press down with back of spoon, making sure all biscuit pieces are covered with egg mixture. Bake 45 to 55 minutes or until edges are deep golden brown and center is set. Let stand 10 minutes. Cut into squares.

HIGH ALTITUDE (3500-6500 ft): Heat oven to 375°F.

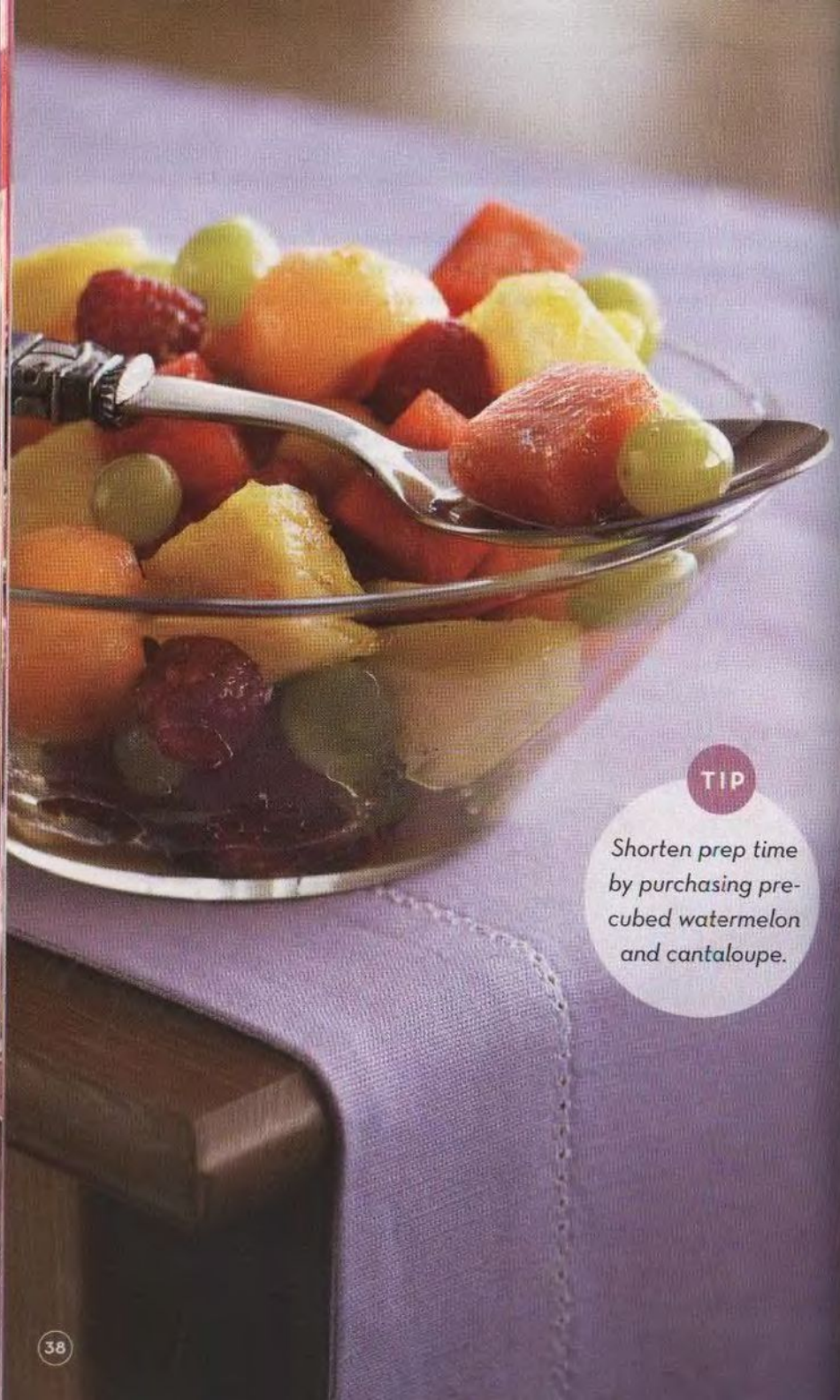
PER SERVING: Calories 430; Total Fat 26g; Sodium 1280mg; Dietary Fiber 1g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 3½ Medium-Fat Meat, 1½ Fat
CARBOHYDRATE CHOICES: 1½

Resist the urge to immediately cut into this egg bake. Not only is it too hot to eat right out of the oven, but it will cut much easier if you let it stand for 10 minutes.

TIP

Serve this hearty brunch dish with thinly sliced cantaloupe and honeydew melon wedges.



TIP

Shorten prep time by purchasing pre-cubed watermelon and cantaloupe.

Gingered Fresh Fruit Salad

PREP TIME: **25 MINUTES** START TO FINISH: **25 MINUTES** **8 SERVINGS (¾ CUP EACH)**

DRESSING

- 2 tablespoons honey
- 1 teaspoon chopped crystallized ginger
- ¼ teaspoon grated lime peel
- 2 tablespoons fresh lime juice

SALAD

- 1 cup watermelon cubes
- 1 cup cantaloupe cubes
- 2 cups fresh pineapple cubes
- 1 cup seedless green grapes
- 1 pint (2 cups) fresh raspberries

1 In 1-cup microwavable measuring cup, mix dressing ingredients. Microwave uncovered on High 20 to 30 seconds or until hot. Cool completely, about 15 minutes.

2 In very large bowl, mix salad ingredients. Pour dressing over fruit; toss gently to coat.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 90; Total Fat 0g; Sodium 5mg; Dietary Fiber 3g

EXCHANGES: ½ Fruit, 1 Other Carbohydrate
CARBOHYDRATE CHOICES: 1½

Serve this salad in a *hollowed-out watermelon shell.* If necessary, trim a thin piece from the bottom of the melon so the shell sits flat.

Cinnamon-Pecan Pull Apart

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 12 SERVINGS

- ¾ cup chopped pecans
- ⅔ cup packed brown sugar
- ½ cup butter or margarine, melted
- ½ cup sour cream
- 1 teaspoon maple flavor or vanilla
- 2 cans (12.4 oz each) Pillsbury® refrigerated cinnamon rolls with icing

1 Heat oven to 350°F. Grease 12-cup fluted tube cake pan or 10-inch angel food (tube cake) pan (pan must not have a removable bottom). In large bowl, mix all ingredients except cinnamon rolls.

2 Separate both cans of dough into 16 rolls; cut each into quarters. Add dough pieces to pecan mixture; toss gently to coat. Spoon mixture into pan.

3 Bake 30 to 40 minutes or until deep golden brown. Cool 10 minutes. Turn upside down onto serving plate. Spread with icing. Serve warm.

HIGH ALTITUDE (3500-6500 ft): Bake 40 to 50 minutes.

PER SERVING: Calories 380; Total Fat 21g; Sodium 520mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, 2 Other Carbohydrate, 4 Fat
CARBOHYDRATE CHOICES: 3

Out of pecans?

Use walnuts instead.

KITCHEN TIP

Like raisins? Add about 1/2 cup raisins or golden raisins to the pecan mixture.

2

SIDES & SALADS

Six satisfying dishes to round out your meal

44 Island Paradise Salad ►

45 Grilled Asparagus and New Potatoes

46 Creamy Marinated Potato Salad

49 Cheesy Potatoes

50 Honey-Lime Berries and Greens

53 Marinated Garden Tortellini Salad

Island Paradise Salad

PREP TIME: 25 MINUTES START TO FINISH: 25 MINUTES 8 SERVINGS (1¼ CUPS EACH)

DRESSING

- 1 teaspoon grated lime peel
- 3 tablespoons honey
- 2 tablespoons fresh lime juice
- 1 tablespoon canola or vegetable oil

SALAD

- 2 cups frozen sugar snap peas (from 1-lb bag)
- 3 cups torn romaine lettuce
- 3 cups torn Bibb lettuce
- 1 avocado, peeled, pitted and cut into ½-inch cubes
- 1 large ripe mango, peeled, seed removed and cut into ½-inch cubes
- 1 small red onion, thinly sliced, separated into rings
- ½ cup shredded coconut

1 In small bowl, mix dressing ingredients.

2 Cook sugar snap peas as directed on bag; drain. Rinse with cold water to cool. Drain well.

3 In large bowl, mix sugar snap peas and remaining salad ingredients except coconut. Add dressing; toss to coat. Sprinkle with coconut.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 160; Total Fat 7g; Sodium 25mg; Dietary Fiber 4g

EXCHANGES: 1 Other Carbohydrate, 1 Vegetable, 1½ Fat
CARBOHYDRATE CHOICES: 1½

TIP

For quicker preparation, use a bagged romaine salad mix.

Feel free to *leave the coconut out* if you don't like it.

Grilled Asparagus and New Potatoes

PREP TIME: 30 MINUTES START TO FINISH: 30 MINUTES 4 SERVINGS

- 2 tablespoons olive oil
- ½ teaspoon salt
- ½ teaspoon lemon-pepper seasoning
- 6 small red potatoes (about ¾ lb), unpeeled, quartered
- 1 lb fresh asparagus spears, trimmed

1 Heat gas or charcoal grill. In large shallow bowl, mix 1 tablespoon of the oil, ¼ teaspoon of the salt and ¼ teaspoon of the lemon-pepper seasoning. Add potatoes; toss to coat. Place in grill basket.

2 Place grill basket on grill over medium heat. Cook 15 minutes, shaking grill basket occasionally to turn and mix potatoes.

3 Meanwhile, place asparagus spears in same shallow bowl. Add remaining tablespoon oil, remaining ¼ teaspoon salt and remaining ¼ teaspoon lemon-pepper seasoning; toss to coat.

4 Add asparagus to potatoes in grill basket. Cook about 10 minutes longer or until potatoes and asparagus are tender, shaking basket occasionally to turn and mix vegetables.

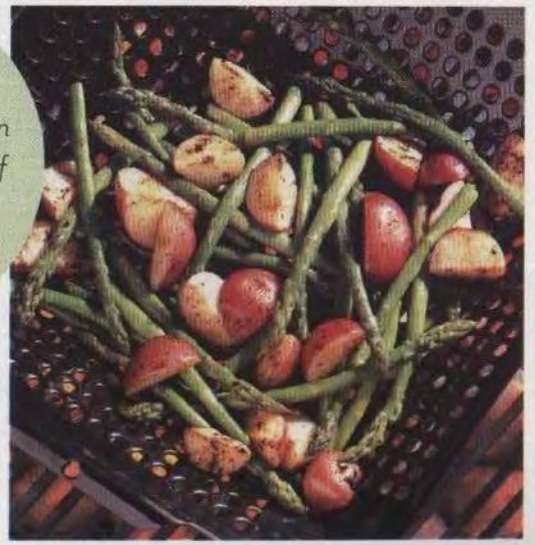
HIGH ALTITUDE (3500-6500 ft): Grill over medium-low heat.

PER SERVING: Calories 140; Total Fat 7g; Sodium 350mg; Dietary Fiber 3g

EXCHANGES: 1 Starch, 1½ Fat
CARBOHYDRATE CHOICES: 1

TIP

Grill baskets make it easy to hold and turn vegetables on the grill, but a sheet of foil with a few holes poked through it also works.



Creamy Marinated Potato Salad

PREP TIME: 40 MINUTES START TO FINISH: 1 HOUR 12 SERVINGS (½ CUP EACH)

SALAD

- 1⅓ lb small red potatoes (8 to 12 potatoes)
- 3 tablespoons cider vinegar
- ½ teaspoon salt
- 4 eggs
- 8 medium green onions, sliced (½ cup)
- 1 medium stalk celery, sliced (½ cup)
- 1 small red bell pepper, coarsely chopped

DRESSING

- ¾ cup mayonnaise or salad dressing
- ¼ cup sour cream
- 1 teaspoon sugar
- 2 teaspoons prepared horseradish
- 2 teaspoons yellow mustard
- ¼ teaspoon coarse ground black pepper

1 In 4-quart saucepan or Dutch oven, place potatoes; add enough water to cover. Heat to boiling. Cook about 20 minutes or until tender. Drain; cool slightly. Cut into 1-inch cubes. Place in large nonmetal bowl. Sprinkle with vinegar and salt; toss to coat. Let stand 30 minutes.

2 Meanwhile, in 2-quart saucepan, place eggs in single layer. Add enough water to cover eggs by 1 inch. Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes. Drain; rinse with cold water. Place eggs in bowl of ice water; let stand 10 minutes. Drain.

3 Peel and chop eggs. Add to potatoes with remaining salad ingredients; mix gently.

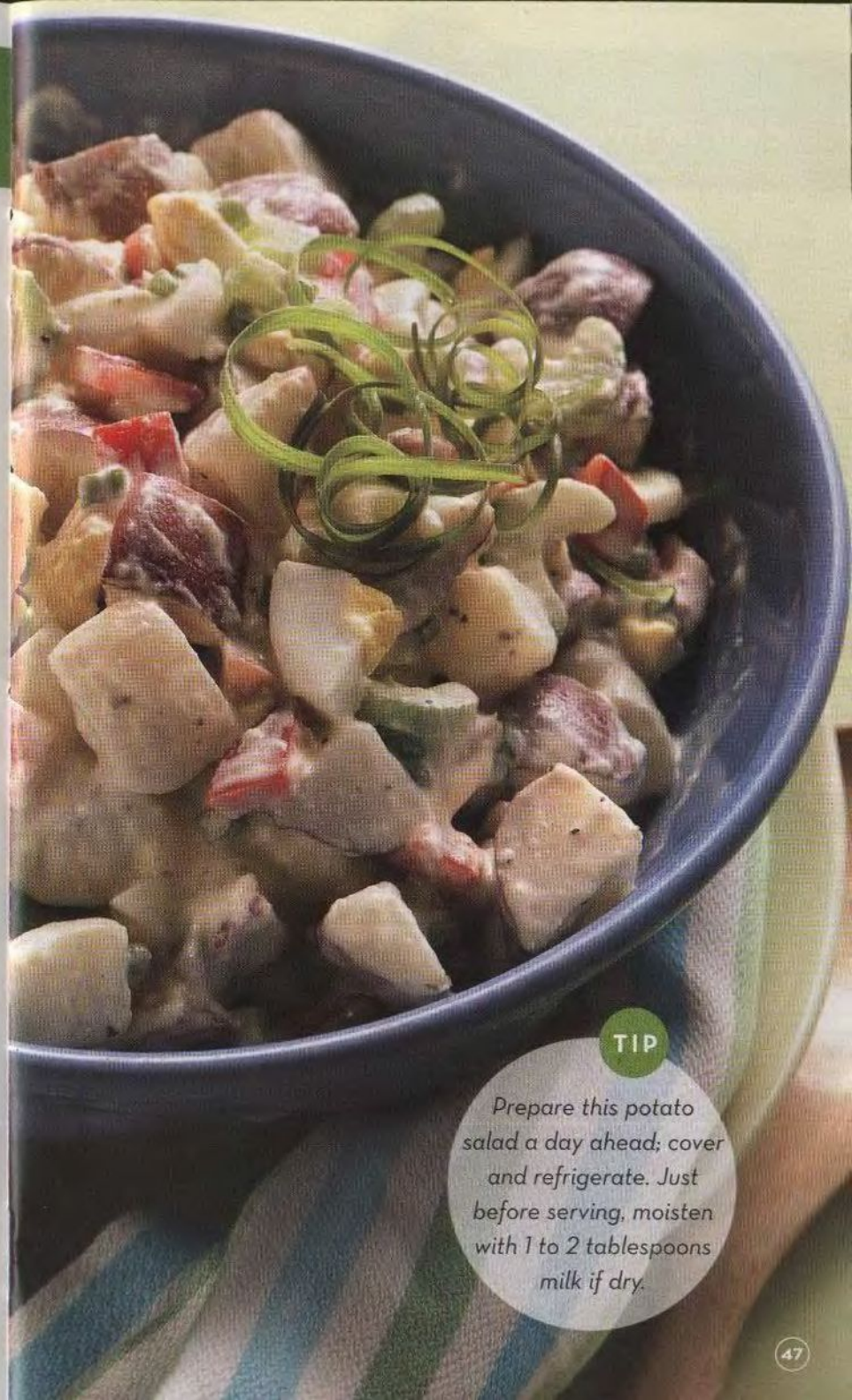
4 In small bowl, mix dressing ingredients. Pour over salad; mix gently to coat. If desired, garnish with additional sliced green onions.

HIGH ALTITUDE (3500-6500 ft): In step 2, heat eggs to boiling and boil 5 minutes; remove from heat. Cover and let stand 15 minutes.

PER SERVING: Calories 180; Total Fat 14g; Sodium 220mg; Dietary Fiber 1g

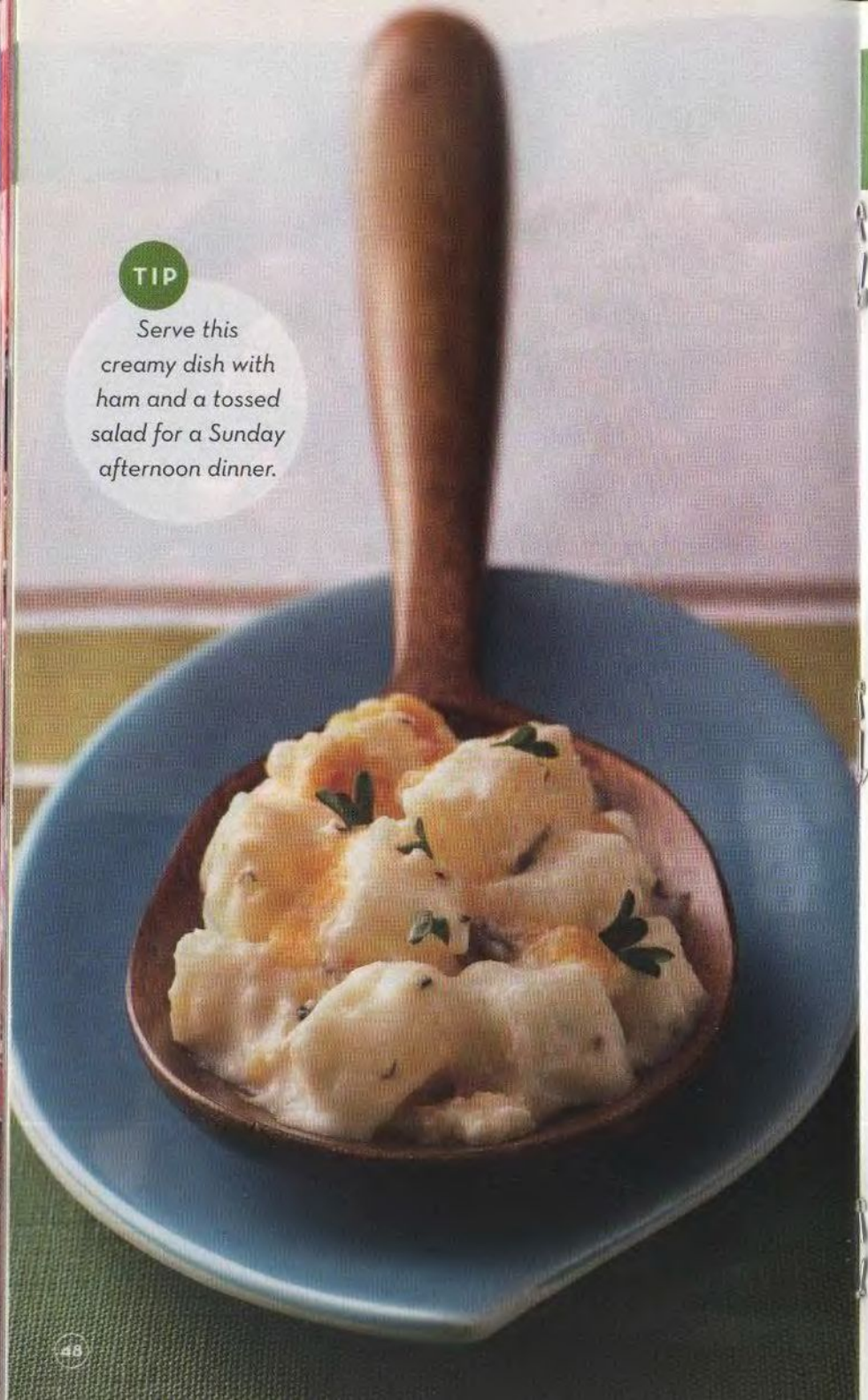
EXCHANGES: 1 Starch, 2½ Fat
CARBOHYDRATE CHOICES: 1

Sprinkling the warm potatoes with *vinegar and salt* gives them a marinated quality that adds lots of flavor to this salad. The potatoes are most absorbent when warm.



TIP

Prepare this potato salad a day ahead; cover and refrigerate. Just before serving, moisten with 1 to 2 tablespoons milk if dry.



TIP

Serve this creamy dish with ham and a tossed salad for a Sunday afternoon dinner.

Cheesy Potatoes

PREP TIME: **20 MINUTES** START TO FINISH: **1 HOUR 5 MINUTES** **18 SERVINGS (½ CUP EACH)**

- 1 bag (32 oz) frozen southern-style diced hash-brown potatoes
- 2 cups shredded Colby, Cheddar or Monterey Jack cheese (8 oz)
- 1 container (16 oz) sour cream
- 1 can (10¾ oz) condensed cream of mushroom soup
- ¼ cup chopped onion (½ medium)
- ¼ cup butter or margarine, melted
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 tablespoons chopped fresh parsley

1 Heat oven to 350°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray.

2 In large microwavable bowl, microwave potatoes on Defrost 12 to 15 minutes or until thawed, stirring once or twice. Stir in remaining ingredients except parsley; spread in baking dish.

3 Bake 30 to 45 minutes or until browned and bubbly around edges. Sprinkle with chopped parsley.

HIGH ALTITUDE (3500-6500 ft): Heat oven to 375°F.

PER SERVING: Calories 200; Total Fat 13g; Sodium 370mg; Dietary Fiber 1g
EXCHANGES: 1 Starch, 2½ Fat
CARBOHYDRATE CHOICES: 1

For an even *creamier texture*, substitute cheese product, cubed, (the foil-wrapped cheese in a box), for some of the shredded cheese in this recipe.

EASY

Honey-Lime Berries and Greens

PREP TIME: 25 MINUTES START TO FINISH: 25 MINUTES 6 SERVINGS (1 CUP EACH)

SALAD

- 6 cups mixed salad greens
- ¾ cup fresh strawberries or raspberries
- 4 thin red onion slices, separated into rings
- 2 tablespoons sliced almonds, if desired

DRESSING

- ¼ cup lime juice
- 3 tablespoons vegetable oil
- 3 tablespoons honey
- ¼ teaspoon poppy seed
- ¼ teaspoon Dijon mustard

1 In medium bowl, gently toss salad ingredients.

2 In small bowl, mix dressing ingredients. Serve dressing with salad.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 120; Total Fat 7g; Sodium 25mg; Dietary Fiber 1g

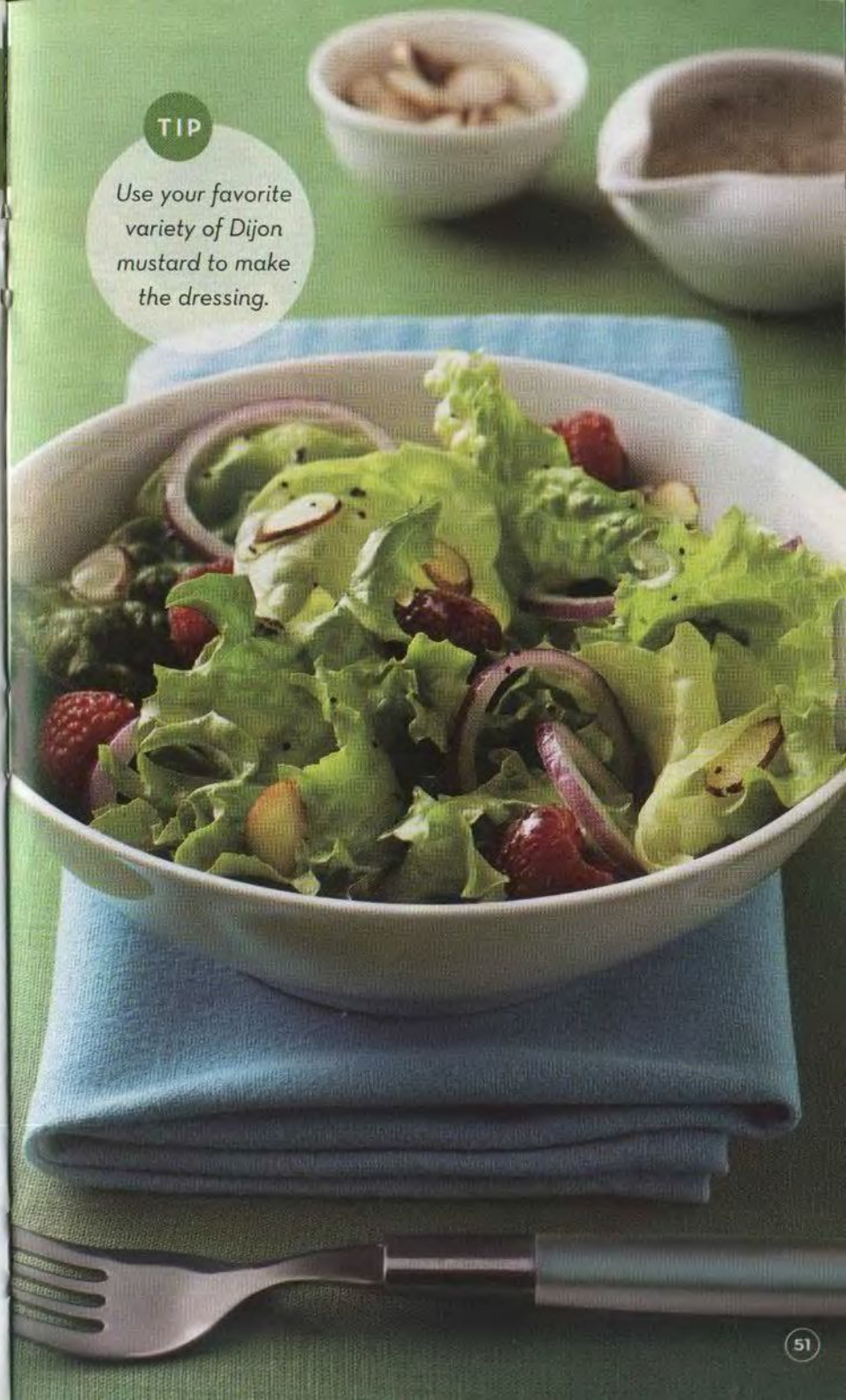
EXCHANGES: 1 Other Carbohydrate, 1½ Fat

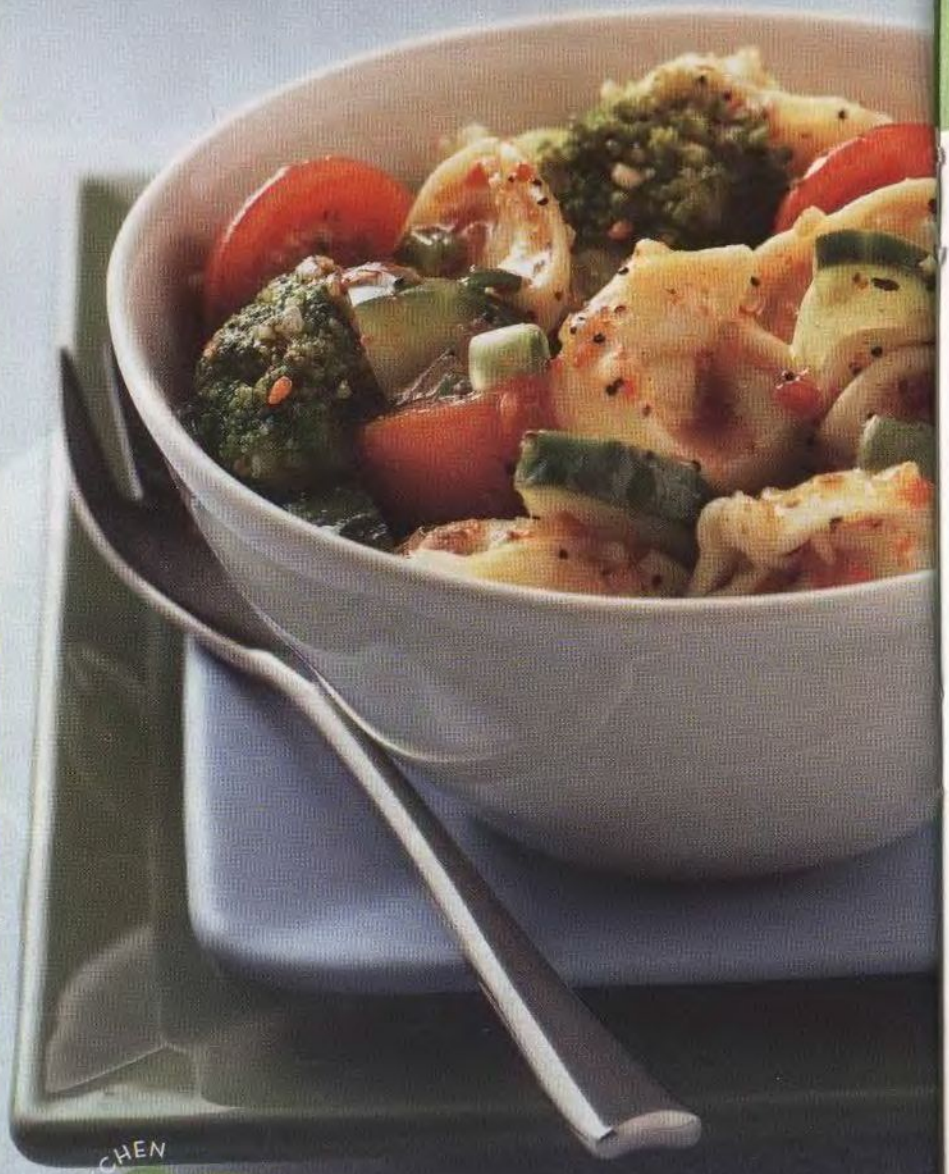
CARBOHYDRATE CHOICES: 1

This salad can be made ahead but *hold off* on dressing it until you're ready to serve.

TIP

Use your favorite variety of Dijon mustard to make the dressing.





KITCHEN TIP

This marinated pasta can be made with any variety of vegetables. Try thinly sliced carrots, sliced zucchini or cooked green beans. Sliced green or ripe olives are also a nice addition.

Marinated Garden Tortellini Salad

PREP TIME: **20 MINUTES** START TO FINISH: **3 HOURS 20 MINUTES** **4 SERVINGS (1½ CUPS EACH)**

- 1 package (9 oz) refrigerated cheese-filled tortellini
- 2 cups Green Giant Select® frozen broccoli florets
- 1 cup halved cherry tomatoes
- 4 medium green onions, sliced (¼ cup)
- ½ medium cucumber, quartered lengthwise, cut into ¼-inch slices
- ½ cup Italian dressing
- 1 tablespoon salad supreme seasoning

1 Cook tortellini as directed on package to desired doneness, adding broccoli during last minute of cook time. Drain; rinse with cold water to cool. Drain well.

2 Meanwhile, in large bowl, mix remaining ingredients.

3 Add cooked tortellini and broccoli to salad; toss gently to coat. Cover; refrigerate at least 3 hours to blend flavors. Stir gently before serving.

HIGH ALTITUDE (3500-6500 ft): No change.

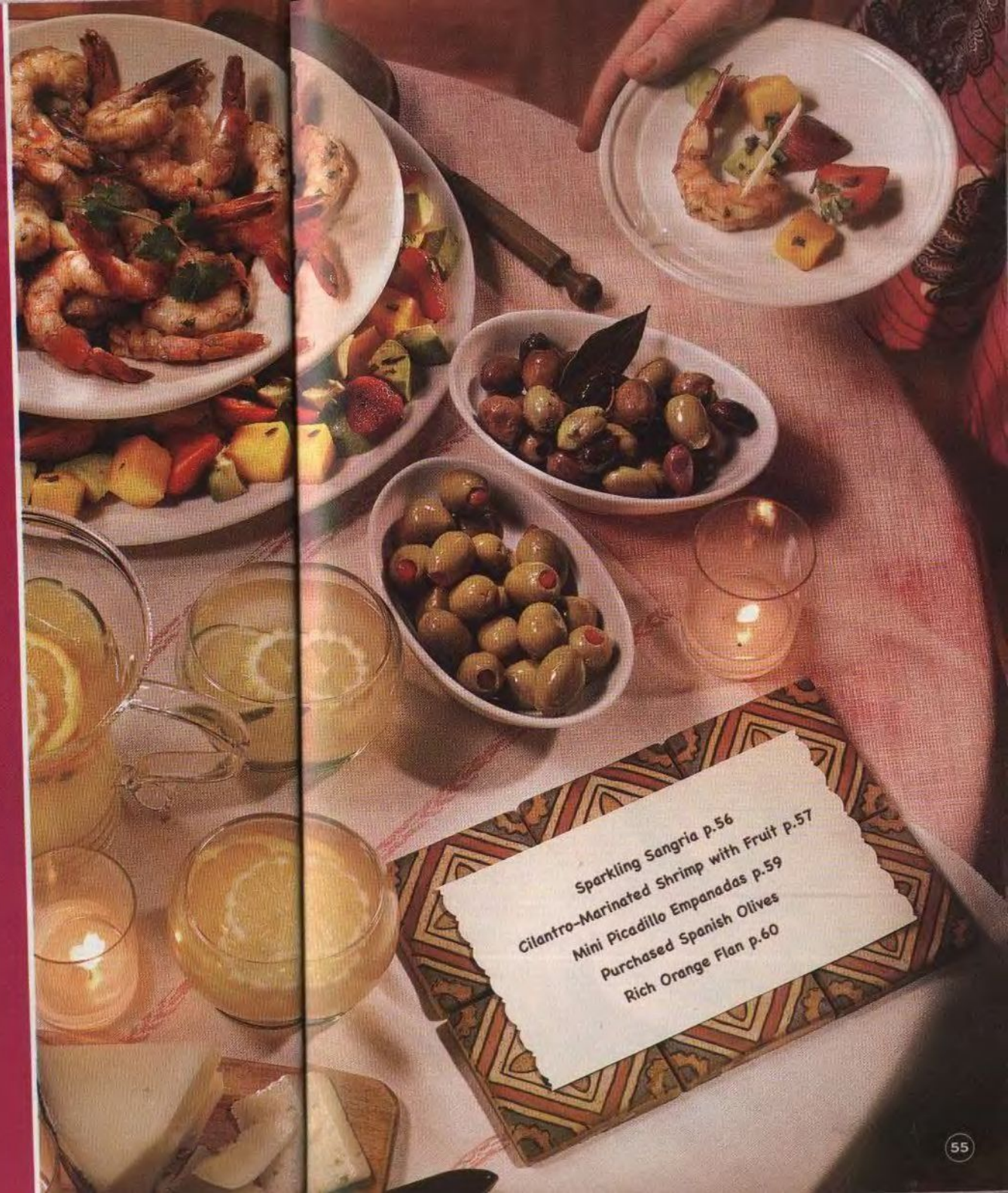
PER SERVING: Calories 280; Total Fat 9g; Sodium 700mg; Dietary Fiber 4g

EXCHANGES: 2 Starch, 1 Vegetable, ½ High-Fat Meat, 1 Fat
CARBOHYDRATE CHOICES: 2½

Salad supreme seasoning is a blend of *herbs, salt and pepper*. Look for it in the spice section of your grocery store.

SERVES 12

Spanish Tapas Party



Sparkling Sangria

PREP TIME: 20 MINUTES START TO FINISH: 20 MINUTES 20 SERVINGS (½ CUP EACH)

- 2 limes
- 2 oranges
- 1 lemon
- ½ cup sugar
- ½ cup water
- 2 bottles (25.4 oz each) white Catawba grape juice
- 2 tablespoons orange-flavored liqueur or orange juice
- 2 cups sparkling water, chilled

1 Cut ends off fruit. In 2-quart saucepan, mix sugar and water; add ends of fruit. Heat to boiling; boil 3 minutes. Cool; discard ends. Cut remaining limes, oranges and lemon into thin slices.

2 In 3-quart non-metal container, mix sugar-water mixture, grape juice and liqueur. Add fruit slices; refrigerate. Just before serving, add sparkling water; stir gently.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 80; Total Fat 0g; Sodium 0mg; Dietary Fiber 0g
EXCHANGES: 1½ Other Carbohydrate
CARBOHYDRATE CHOICES: 1

TIP

For a stunning presentation, serve this light, refreshing drink in a clear glass pitcher with lime, lemon and orange slices.

Sangria hails from Spain and is *traditionally* made with wine. This recipe omits the wine for a family-friendly drink.

Cilantro-Marinated Shrimp with Fruit

PREP TIME: 25 MINUTES START TO FINISH: 1 HOUR 25 MINUTES 12 SERVINGS

- ¼ cup balsamic vinegar
- 2 tablespoons olive oil
- 2 tablespoons honey
- 2 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ cup chopped fresh cilantro
- 2 lb cooked deveined peeled large shrimp (with tails left on)
- 1 medium ripe avocado, cut into ¾-inch cubes
- 1 medium mango, cut into ¾-inch cubes
- 1 cup small fresh strawberries, halved
- Fresh cilantro sprigs

1 In large nonmetal bowl, mix vinegar, oil, honey, lemon juice and salt. Stir in chopped cilantro. Add shrimp; toss to coat. Cover; refrigerate at least 1 hour to marinate.

2 To serve, remove shrimp from marinade; reserve marinade. Arrange shrimp on large platter. Add avocado, mango and strawberries to marinade; toss to coat. Surround shrimp with avocado, mango and strawberries. Drizzle some of the reserved marinade over top; discard remaining marinade. Garnish with cilantro sprigs. Serve with decorative toothpicks or cocktail forks.

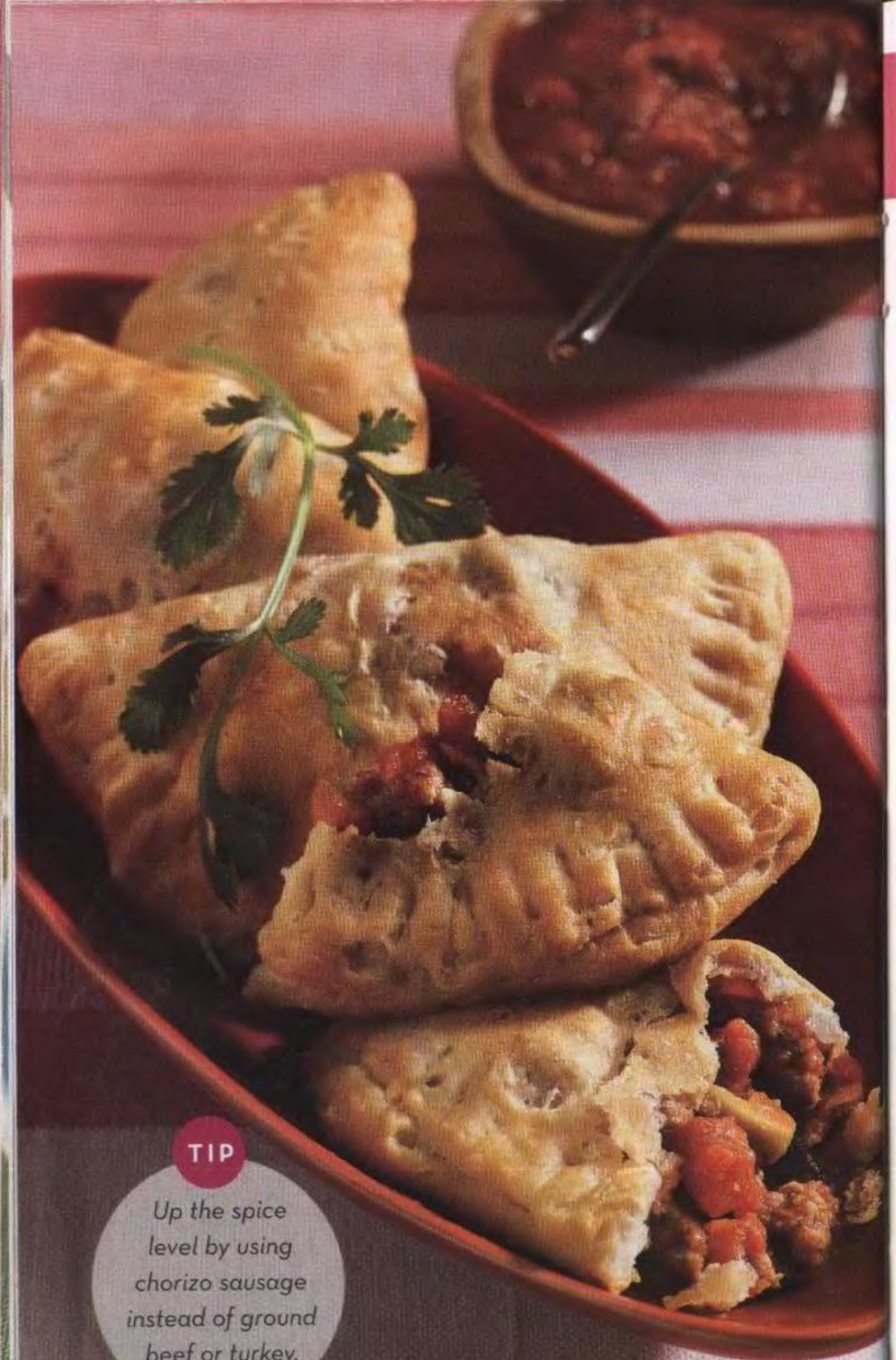
HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 140; Total Fat 5g; Sodium 210mg; Dietary Fiber 1g
EXCHANGES: ½ Other Carbohydrate, 2½ Very Lean Meat, ½ Fat
CARBOHYDRATE CHOICES: ½

The shrimp can be *marinated* up to eight hours ahead.

TIP

Try cubed papaya, cantaloupe or honeydew in place of the mango.



TIP

Up the spice level by using chorizo sausage instead of ground beef or turkey.

Pillsbury Bake-Off

Mini Picadillo Empanadas

PREP TIME: **25 MINUTES** START TO FINISH: **50 MINUTES** **16 APPETIZERS**

- ½ lb lean ground beef or turkey
- 1 cup Old El Paso® Thick 'n Chunky salsa
- 2 tablespoons raisins
- ½ teaspoon ground cumin
- ⅛ teaspoon ground cinnamon
- 20 pimiento-stuffed green olives, sliced (about ⅓ cup)
- 1 can (17.3 oz) Pillsbury® Grands!® refrigerated golden corn biscuits or 1 can (16.3 oz) Pillsbury® Grands!® refrigerated buttermilk biscuits
- Fresh cilantro, if desired
- Additional Old El Paso® Thick 'n Chunky salsa, if desired

1 Heat oven to 350°F. In 10-inch skillet, cook beef over medium-high heat 8 to 10 minutes, stirring frequently, until thoroughly cooked; drain.

2 Add remaining ingredients except biscuits. Heat to boiling. Reduce heat to medium; cook 3 to 4 minutes, stirring occasionally, until most of liquid has evaporated. Remove from heat.

3 Separate dough into 8 biscuits. With serrated knife, cut each biscuit in half horizontally to make 16 rounds. Press or roll each to make 4-inch round. Spoon 2 level measuring tablespoons beef mixture in center of each round. Fold dough over filling; press edges with fork to seal. Place on ungreased cookie sheets.

4 Bake 15 to 20 minutes or until golden brown. Cool 5 minutes before serving. Garnish with cilantro. Serve with salsa.

HIGH ALTITUDE (3500-6500 ft): No change.

PER APPETIZER: Calories 130; Total Fat 6g; Sodium 470mg; Dietary Fiber 0g
EXCHANGES: 1 Starch, 1 Fat
CARBOHYDRATE CHOICES: 1

To get a *head-start* on this recipe, prepare the ground beef mixture as directed and refrigerate it in a covered container up to 24 hours. *Reheat* the ground beef before completing the recipe.

Rich Orange Flan

PREP TIME: **30 MINUTES** START TO FINISH: **3 HOURS 15 MINUTES** **12 SERVINGS**

- ¾ cup sugar
- 3 tablespoons boiling water
- 6 eggs
- ¼ cup orange juice
- 2 tablespoons finely grated orange peel
- 1 teaspoon vanilla
- 1 can (14 oz) sweetened condensed milk
- 1 can (12 oz) evaporated milk
- Spun sugar, if desired

1 Heat oven to 325°F. Spread sugar evenly over bottom of heavy skillet. Cook over medium heat, stirring constantly, until sugar melts and turns light caramel color. Add 3 tablespoons boiling water, stirring until sugar is dissolved. Pour into ungreased quiche dish or 10-inch glass deep-dish pie pan or 8-inch (2-quart) square baking dish . Tilt to evenly cover bottom; set aside.

2 In medium bowl, beat remaining ingredients with electric mixer on medium speed 1 to 2 minutes or until thoroughly blended. Pour over caramelized sugar. Place baking dish in large pan (broiler pan). Pour 1 inch hot water into broiler pan.

3 Bake 40 to 45 minutes or until mixture is almost set and knife inserted in center comes out clean. Cool 1 hour; refrigerate 1 hour. Run knife around outside edge to loosen; turn upside down onto 12-inch round serving plate with raised sides to hold liquid. Garnish with spun sugar.

HIGH ALTITUDE (3500-6500 ft): In step 1, cook over medium-high heat, stirring constantly, until sugar melts and turns light caramel color. (DO NOT ADD WATER.) Pour into dish and continue as directed.

PER SERVING: Calories 240; Total Fat 8g; Sodium 105mg; Dietary Fiber 0g
EXCHANGES: 2½ Other Carbohydrate, 1 Medium-Fat Meat, ½ Fat
CARBOHYDRATE CHOICES: 2

To make spun sugar decoration: Heat ¼ cup sugar in saucepan until melted, stirring occasionally. Remove pan from heat and, using a spoon, drizzle melted sugar onto greased foil. Remove from foil and place on flan just before serving.

TIP

Flan is the Spanish version of crème caramel.

3

DESSERTS

End your meal on a sweet note

64 Fresh Strawberry and Rhubarb Parfaits ►

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75 Frozen Raspberry Delight

EASY

Fresh Strawberry and Rhubarb Parfaits

PREP TIME: 25 MINUTES START TO FINISH: 1 HOUR 25 MINUTES 8 SERVINGS

- 2 cups chopped fresh rhubarb
- 1 cup granulated sugar
- ¼ cup cranberry-apple drink
- 3 cups sliced fresh strawberries
- 1 cup whipping cream
- 1 tablespoon powdered sugar
- 1 teaspoon vanilla
- 1 package (16 oz) frozen pound cake loaf, thawed, cubed

1 In 2-quart saucepan, cook rhubarb, granulated sugar and drink over medium heat 10 to 15 minutes, stirring occasionally, until rhubarb is tender and mixture is syrupy.

2 Add 1 cup of the strawberries; cook and stir 1 to 2 minutes, mashing slightly. Remove from heat. Stir in remaining strawberries. Cool slightly. Refrigerate at least 1 hour until chilled.

3 Just before serving, in medium bowl, beat whipping cream, powdered sugar and vanilla until stiff peaks form. In each of 8 parfait glasses, layer sauce, cake cubes and whipped cream; repeat layers. Serve immediately. If desired, garnish each serving with fresh strawberry slice.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 490; Total Fat 25g; Sodium 60mg; Dietary Fiber 2g

EXCHANGES: 1½ Starch, 1 Fruit, 1½ Other Carbohydrate, 5 Fat
CARBOHYDRATE CHOICES: 4

TIP

Angel food cake or sponge cake cups can be used instead of pound cake in this recipe.

Make the sauce *up to a day in advance;* cover and refrigerate until ready to serve.

Key Lime Cheesecake with Raspberry Sauce

PREP TIME: 30 MINUTES START TO FINISH: 8 HOURS 15 MINUTES 16 SERVINGS

CRUST

- 1 cup shortbread cookie crumbs (15 cookies) or vanilla wafer crumbs (25 wafers)
- 2 tablespoons butter or margarine, melted

FILLING

- 3 packages (8 oz) cream cheese, softened
- 1 cup sugar
- 3 eggs
- 1 tablespoon grated lime peel (about 2 limes)
- ¼ cup Key lime juice

RASPBERRY SAUCE

- 1 box (10 oz) frozen raspberries in light syrup, thawed
- 1 tablespoon cornstarch
- ⅓ cup red currant jelly

1 Heat oven to 325°F. In medium bowl, mix crust ingredients. Press in bottom of ungreased 9-inch springform pan. Refrigerate.

2 In large bowl, beat cream cheese until smooth. Gradually beat in sugar. At low speed of electric mixer, beat in eggs 1 at a time, blending just until smooth. Add remaining filling ingredients; beat until smooth. Pour into crust-lined pan.

3 Bake 55 to 65 minutes or until set. (To minimize cracking, place shallow pan half full of hot water on lower oven rack during baking.) Turn oven off; let cheesecake stand in oven 30 minutes with door open at least 4 inches. Remove from oven; let stand 10 minutes. Remove side of pan; cool to room temperature on cooling rack. Cover and refrigerate overnight or up to 2 days.

4 To make sauce, drain raspberries, reserving syrup. Add water to syrup to make ¾ cup. In 1-quart saucepan, mix syrup mixture and cornstarch. Add jelly; cook and stir over medium heat until thickened and clear. Stir in raspberries. Refrigerate until cold. Serve cheesecake with sauce. Cover and refrigerate any remaining cheesecake and sauce.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: 320; Total Fat 20g; Sodium 200mg; Dietary Fiber 1g

EXCHANGES: ½ Starch, 1½ Other Carbohydrate, ½ High-Fat Meat, 3 Fat
CARBOHYDRATE CHOICES: 2

TIP

Decorate the top of this cheesecake with raspberries and edible flowers.

Chocolate-Caramel Layer Bars

PREP TIME: 20 MINUTES START TO FINISH: 1 HOUR 20 MINUTES 36 BARS

- 1 roll (16.5 oz) Pillsbury® Create 'n Bake™ refrigerated chocolate chip cookies
- 1 bag (11.5 oz) milk chocolate chips (2 cups)
- 1 container (18 oz) caramel apple dip (1½ cups)
- 3 cups Rice Chex® cereal
- 1 cup chopped peanuts

1 Heat oven to 350°F. In ungreased 13x9-inch pan, break up cookie dough. With floured fingers, press dough evenly in bottom of pan to form crust.

2 Bake 15 to 18 minutes or until light golden brown. Cool 15 minutes.

3 Meanwhile, in 4-quart saucepan, cook 1 cup of the chips and 1 cup of the dip over medium heat, stirring constantly, until melted and smooth. Remove from heat. Stir in cereal and peanuts.

4 Spread cereal mixture over cooled crust. In 1-quart saucepan, heat remaining chips and dip over medium heat, stirring constantly, until melted and smooth. Spread over cereal mixture. Refrigerate until chocolate mixture is set, about 30 minutes. For bars, cut into 6 rows by 6 rows.

HIGH ALTITUDE (3500-6500 ft): Bake crust 16 to 19 minutes.

PER BAR: Calories 180; Total Fat 7g; Sodium 130mg; Dietary Fiber 0g

EXCHANGES: 1 Starch, ½ Other Carbohydrate, 1½ Fat

CARBOHYDRATE CHOICES: 1½

Store these yummy bars *tightly covered* to keep them fresh.

Lemon Mardi Gras Squares

PREP TIME: 40 MINUTES START TO FINISH: 2 HOURS 15 MINUTES 24 BARS

BARS

- 1½ cups all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon baking powder
- 1 cup powdered sugar
- 1 cup granulated sugar
- ½ cup butter or margarine, softened
- 3 eggs
- ⅓ cup lemon juice
- 2 tablespoons grated lemon peel
- ½ cup chopped pecans

FROSTING

- 1 cup powdered sugar
- 2 tablespoons butter or margarine, softened
- 1 tablespoon half-and-half or milk

GARNISH

- ¼ cup chopped pecans
- Lemon slices, if desired

1 Heat oven to 400°F. Generously grease 13x9-inch pan with shortening; lightly flour or spray with cooking spray. In small bowl, stir together flour, salt and baking powder; set aside.

2 In large bowl, beat powdered sugar, granulated sugar and butter with electric mixer on medium speed, scraping bowl occasionally, until blended. Beat in 1 egg at a time until blended. Beat 1 minute longer. On low speed, beat in flour mixture alternately with lemon juice, beginning and ending with flour mixture, until well blended. Stir in lemon peel and ½ cup pecans. Pour into pan.

3 Bake 22 to 27 minutes or until golden brown. Meanwhile, in small bowl, beat frosting ingredients on low speed until smooth and spreadable.

4 Spread frosting over warm bars. Sprinkle with ¼ cup pecans. Cool completely in pan on cooling rack, about 1 hour. For bars, cut into 6 rows by 4 rows. Garnish with lemon slices.

HIGH ALTITUDE (3500-6500 ft): No change.

PER BAR: Calories 180; Total Fat 8g; Sodium 95mg; Dietary Fiber 0g

EXCHANGES: ½ Starch, 1 Other Carbohydrate, 1½ Fat

CARBOHYDRATE CHOICES: 1½

Make these bars up to a day ahead; store in the refrigerator until *ready to serve*

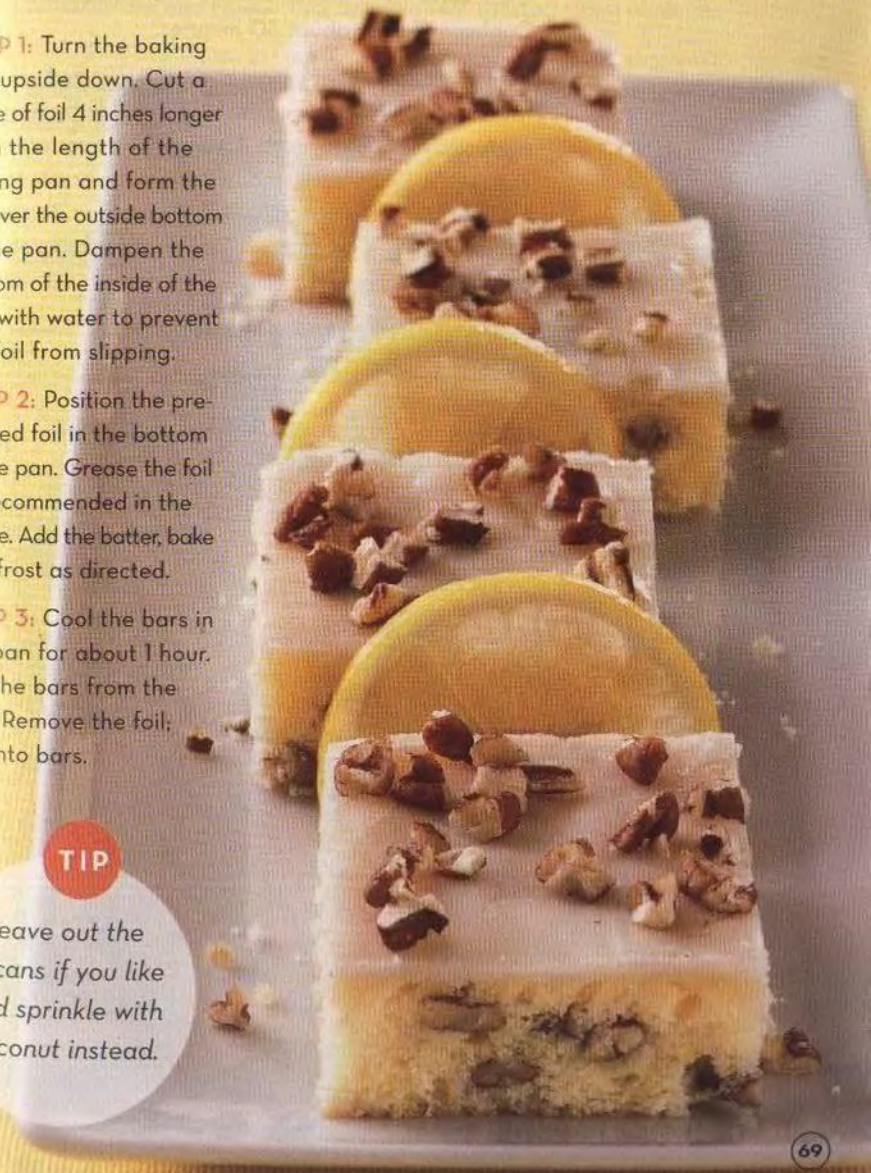
CLEVER COOK

Cutting bars is as easy as 1-2-3 when you follow this tried-and-true method. It works well for the Lemon Mardi Gras Squares as well as many other ooey-gooey bars that can sometimes be a challenge to cut.

STEP 1: Turn the baking pan upside down. Cut a piece of foil 4 inches longer than the length of the baking pan and form the foil over the outside bottom of the pan. Dampen the bottom of the inside of the pan with water to prevent the foil from slipping.

STEP 2: Position the pre-formed foil in the bottom of the pan. Grease the foil as recommended in the recipe. Add the batter, bake and frost as directed.

STEP 3: Cool the bars in the pan for about 1 hour. Lift the bars from the pan. Remove the foil; cut into bars.



TIP

Leave out the pecans if you like and sprinkle with coconut instead.

Fanciful Fruit Pizza

PREP TIME: **20 MINUTES** START TO FINISH: **2 HOURS 10 MINUTES** **12 SERVINGS**

- 1 roll (16.5 oz) Pillsbury® refrigerated sugar cookies
- 1 package (8 oz) cream cheese, softened
- ⅓ cup sugar
- ½ teaspoon vanilla
- 2 kiwifruit, peeled, halved lengthwise and sliced
- 1 cup halved or quartered fresh strawberries
- 1 cup fresh or frozen blueberries
- ½ cup apple jelly

1 Heat oven to 350°F. Grease 12-inch pizza pan or spray with cooking spray. In pan, break up cookie dough; press dough evenly in bottom of pan to form crust. Bake 16 to 20 minutes or until golden brown. Cool completely, about 30 minutes.

2 In small bowl, beat cream cheese, sugar and vanilla with electric mixer on medium speed until fluffy. Spread mixture over cooled crust. Arrange fruit over cream cheese. Stir jelly until smooth; spoon or brush over fruit. Refrigerate until chilled, at least 1 hour. To serve, cut into wedges or squares. Cover and refrigerate any remaining pizza.

HIGH ALTITUDE (3500-6500 ft): Bake crust 18 to 21 minutes.

PER SERVING: Calories 320; Total Fat 15g; Sodium 170mg; Dietary Fiber 1g

EXCHANGES: 1 Starch, 2 Other Carbohydrate, 3 Fat

CARBOHYDRATE CHOICES: 3

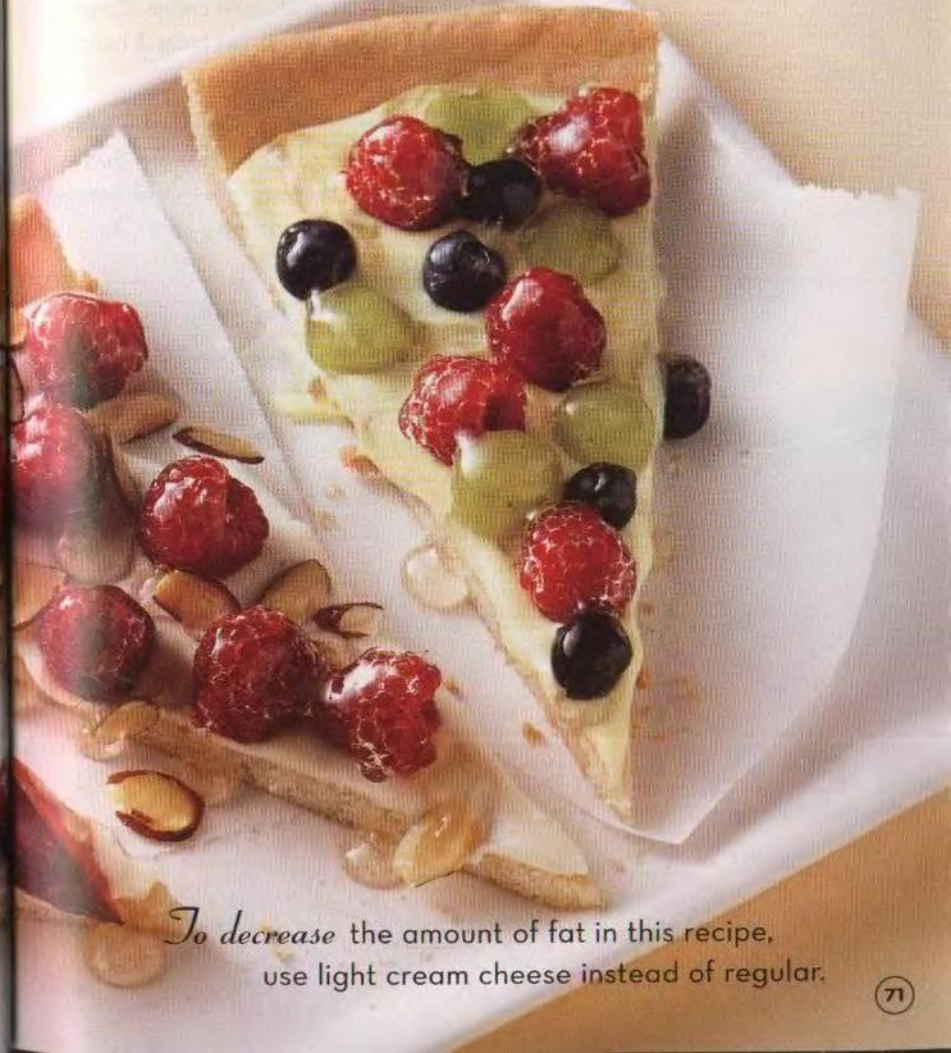
TIP *For best results, keep the cookie dough very cold until you're ready to use it.*

FLAVOR TWIST

The toppings for these fun fruit pizzas are limited only by your imagination. Take advantage of whatever fruit is in season. Your taste buds will thank you!

Raspberry-Almond Fanciful Fruit Pizza: Omit the kiwifruit. Substitute raspberries for the strawberries and blueberries. Sprinkle with toasted sliced almonds.

Lemon Fanciful Fruit Pizza: In step 2, use 4 oz cream cheese, ⅓ cup lemon curd and ¼ cup powdered sugar to make the filling. Top with blueberries, raspberries and green grape halves.



To decrease the amount of fat in this recipe, use light cream cheese instead of regular.

Strawberry-Mango Margarita Dessert

PREP TIME: **25 MINUTES** START TO FINISH: **3 HOURS 25 MINUTES** **10 SERVINGS**

CRUST

- 1¼ cups crushed pretzels
- ¼ cup sugar
- ½ cup butter or margarine, melted

FILLING

- 1 pint mango sorbet, softened slightly
- 2 boxes (10 oz each) frozen strawberries in syrup, thawed
- ½ cup frozen (thawed) margarita mix concentrate
- 1 cup whipping cream, whipped
- 10 fresh strawberries, halved
- 1 small ripe mango, cut into cubes
- Coarse sugar, if desired
- Fresh strawberry slices, if desired

1 In small bowl, mix crust ingredients. Press firmly in bottom of ungreased 9- or 8-inch springform pan; refrigerate 10 minutes.

2 Spoon sorbet over crust; spread evenly with metal spatula. Freeze 30 minutes.

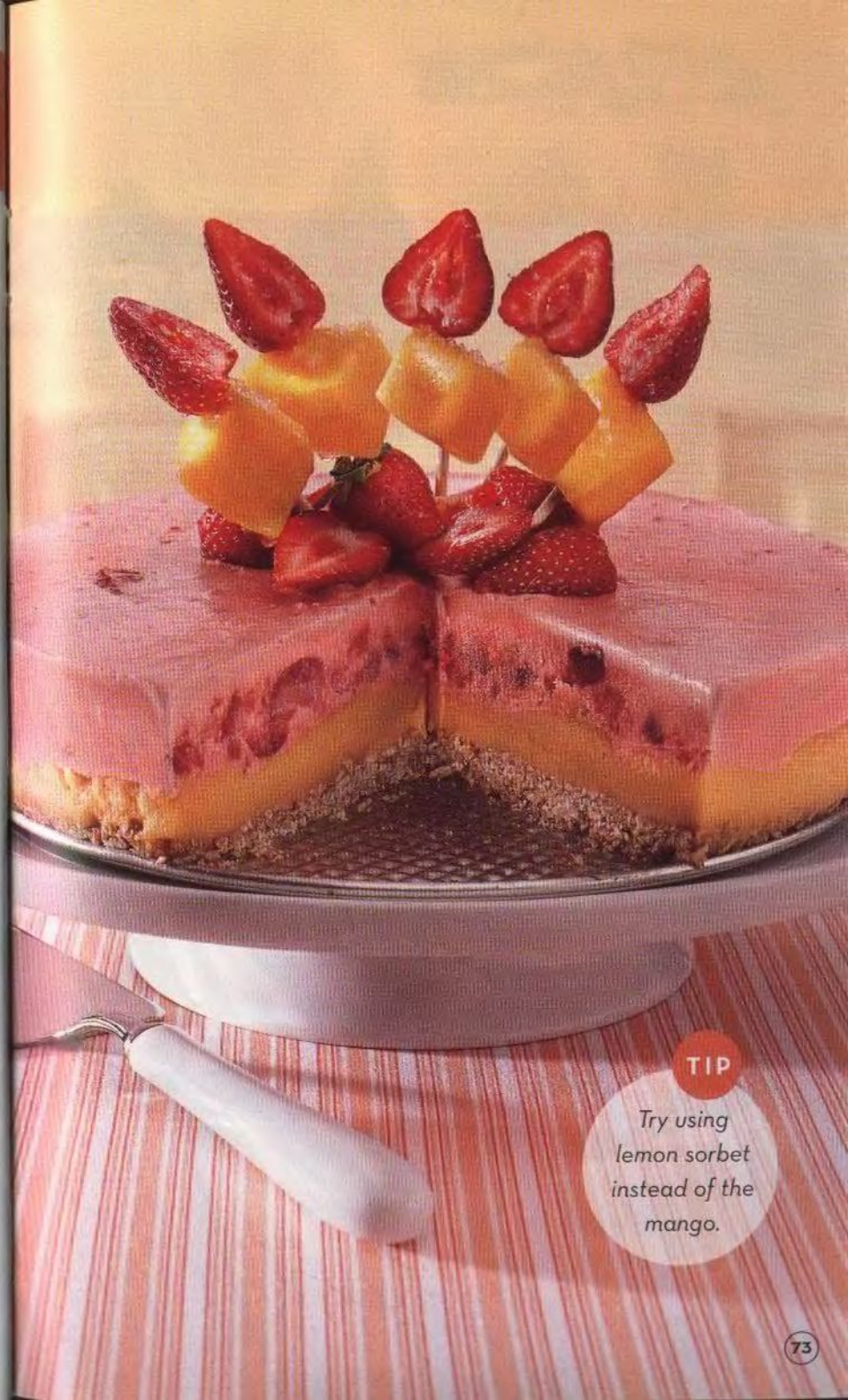
3 In large bowl, mix thawed strawberries, using wire whisk, until broken into small pieces. Beat in margarita mix until well blended. Fold in whipped cream. Carefully pour into pan over sorbet. Freeze at least 3 hours until firm.

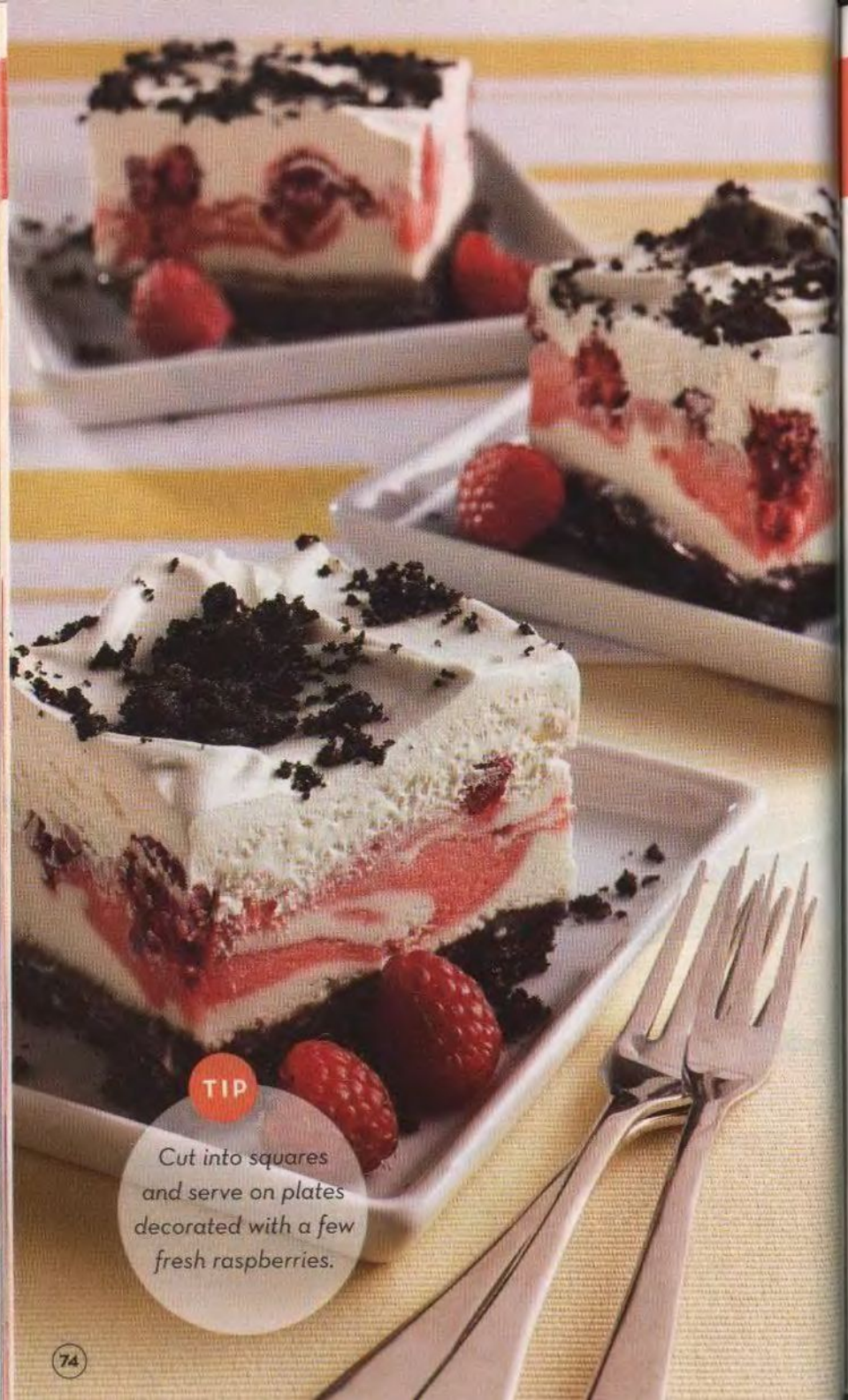
4 Using 4-inch wooden skewers, place strawberry half and mango cube on each of 10 skewers. Sprinkle with coarse sugar. Place skewers into top of dessert for garnish. Top with fresh strawberry slices. To serve, cut into wedges.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: 360; Total Fat 17g; Sodium 180mg; Dietary Fiber 2g
EXCHANGES: ½ Starch, 3 Other Carbohydrate, 3 Fat
CARBOHYDRATE CHOICES: 3

To make cutting the pie *easier*, wait to place the fruit skewers in the dessert until *after* slicing it.





TIP

Cut into squares and serve on plates decorated with a few fresh raspberries.

Frozen Raspberry Delight

PREP TIME: **30 MINUTES** START TO FINISH: **6 HOURS 30 MINUTES** **20 SERVINGS**

CRUST

- 2 cups crushed chocolate wafer cookies
- ⅓ cup melted butter or margarine
- ¼ cup sugar

FILLING

- 1 cup chocolate fudge sauce, slightly softened
- 1 quart vanilla ice cream, slightly softened
- 1 pint raspberry sherbet, slightly softened
- 1 bag (12 oz) frozen raspberries

TOPPING

- 1 container (8 oz) frozen whipped topping, thawed

1 In medium bowl, mix crust ingredients; reserve ¼ cup for topping. Press remaining in 13x9-inch pan to make crust. Refrigerate 15 minutes.

2 Spread chocolate fudge sauce over crust. Spoon vanilla ice cream over chocolate. Place spoonfuls of sherbet randomly over ice cream; swirl gently into ice cream. Top with raspberries; press gently into sherbet. Spread whipped topping on top; top with reserved crumbs. Cover; freeze 6 hours or overnight.

3 Let stand at room temperature 10 to 15 minutes before serving.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: 260; Total Fat 12g; Sodium 170mg; Dietary Fiber 3g

EXCHANGES: 1 Starch, 1½ Other Carbohydrate, 2 Fat
CARBOHYDRATE CHOICES: 2½

To easily crush the cookies, place them in a resealable plastic food-storage bag, and crush with a meat mallet, rolling pin or can of soup.

SERVES 24

Backyard Bash

Strawberry Spritzer Punch p.78
Lemon-Mint Chicken Salad p.79
Roasted Vegetables with Spicy Aïoli Dip p.81
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Ham and Asparagus Squares p.85

Strawberry Spritzer Punch

PREP TIME: **10 MINUTES** START TO FINISH: **4 HOURS 10 MINUTES** **24 SERVINGS (1/2 CUP EACH)**

- 1 bottle (24 oz) white grape juice
- 2 cans (6 oz each) frozen lemonade concentrate, thawed
- 2 bags (1 lb each) frozen whole strawberries, partially thawed
- 2 cans (12 oz each) lemon-lime carbonated beverage (3 cups), chilled

1 In blender, place 1/2 cup of the grape juice, 1 can lemonade and 1 bag strawberries. Cover; blend on high speed until smooth. Pour into 4-quart nonmetal container; repeat. Stir in remaining grape juice.

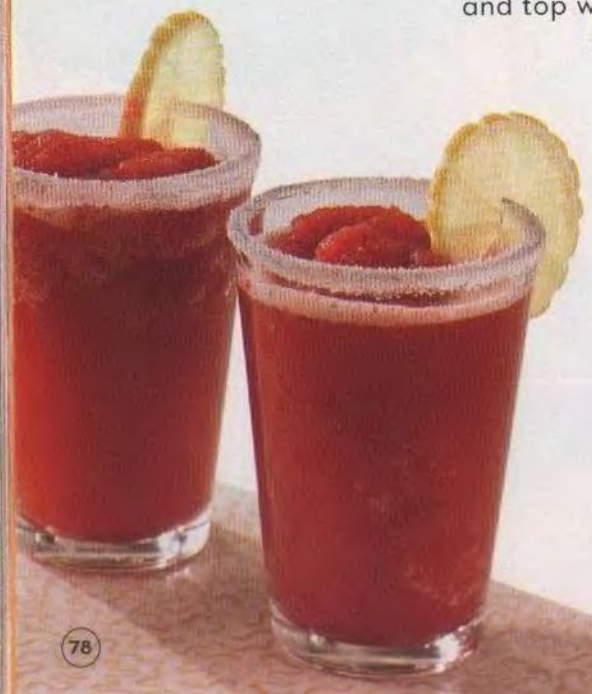
2 Cover; freeze at least 4 hours, stirring occasionally. Remove container from freezer 30 minutes before serving. Just before serving, stir in carbonated beverage. Garnish as desired.

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 80; Total Fat 0g; Sodium 5mg; Dietary Fiber 0g

EXCHANGES: 1 1/2 Other Carbohydrate
CARBOHYDRATE CHOICES: 1

For added sparkle, dip the rims of your serving glasses in sugar and top with a fresh strawberry before adding the punch.



TIP

This citrus-berry spritzer can be made the night before you plan to serve it.

Lemon-Mint Chicken Salad

PREP TIME: **30 MINUTES** START TO FINISH: **3 HOURS 30 MINUTES** **24 SERVINGS (1 CUP EACH)**

SALAD

- 1 package (16 oz) uncooked bow-tie (farfalle) pasta
- 7 cups cubed cooked chicken
- 5 cups cubed cantaloupe
- 3 cups thinly sliced celery
- 2 cups dried cherries
- 1 cup sliced green onions

DRESSING

- 2 containers (8 oz each) low-fat lemon yogurt
- 1/2 cup reduced-calorie mayonnaise or salad dressing
- 1 to 2 tablespoons chopped fresh mint
- 1 tablespoon grated lemon peel
- 1 1/2 teaspoons salt
- 1/2 teaspoon pepper

GARNISH

- 1/4 cup sliced almonds, toasted

1 Cook pasta as directed on package to desired doneness. Drain; rinse with cold water. In very large bowl, mix pasta and remaining salad ingredients.

2 In medium bowl, mix dressing ingredients. Add dressing to salad; mix well. Cover; refrigerate 3 hours to blend flavors. Just before serving, sprinkle with almonds.

HIGH ALTITUDE (3500-6500 ft): No change.

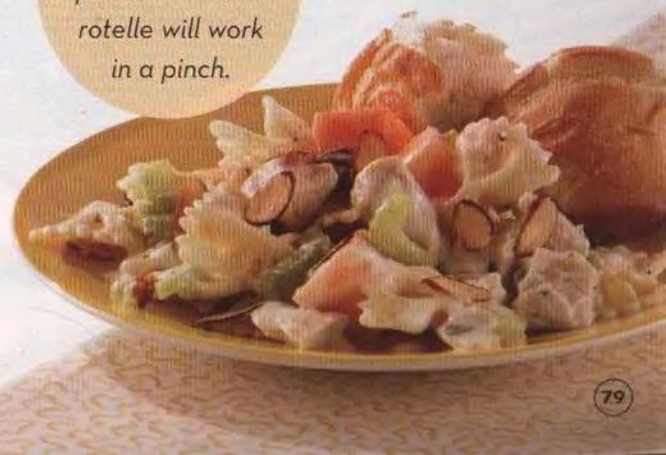
PER SERVING: Calories 240; Total Fat 6g; Sodium 320mg; Dietary Fiber 2g

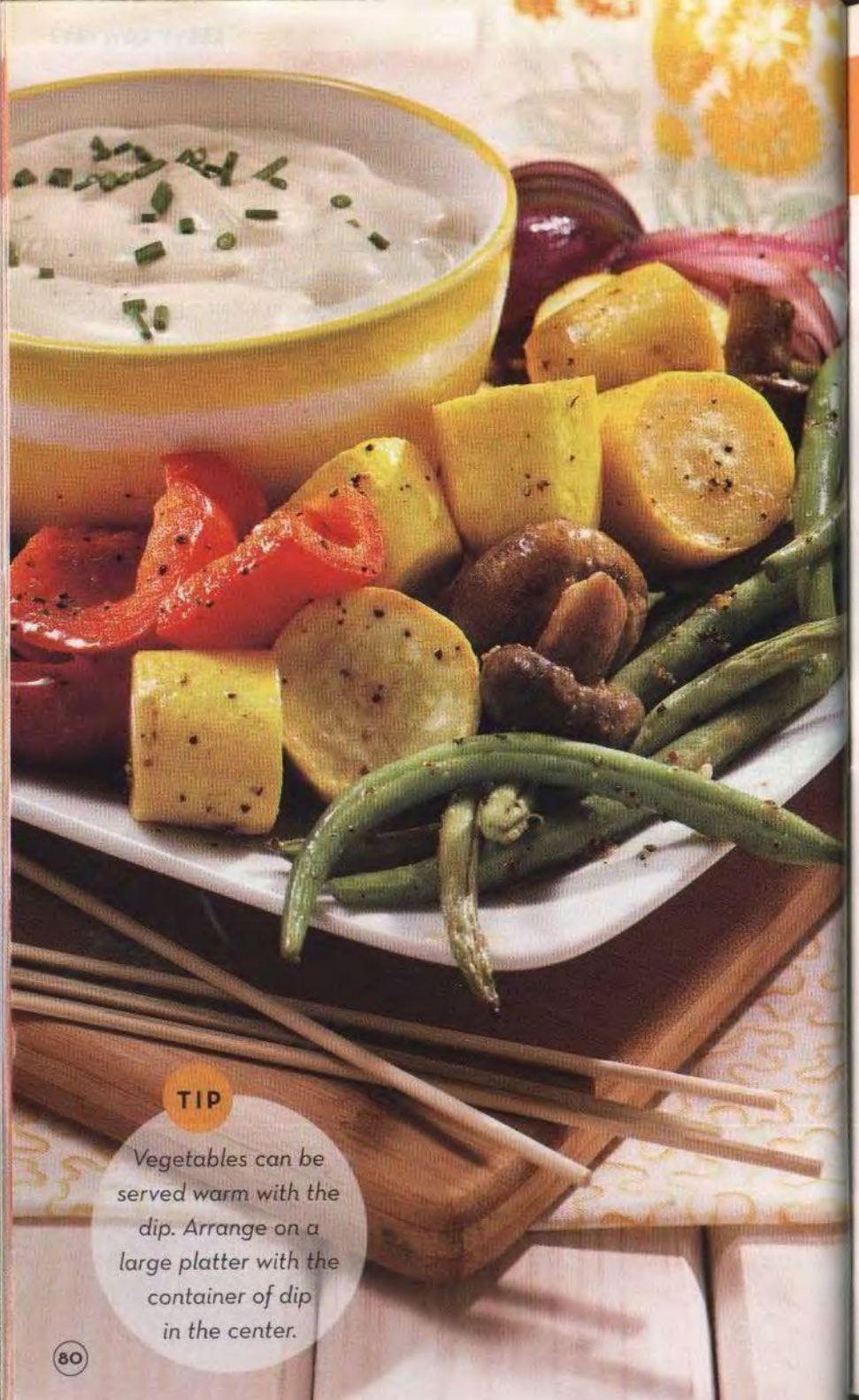
EXCHANGES: 1 Starch, 1 Other Carbohydrate, 2 Lean Meat
CARBOHYDRATE CHOICES: 2

To toast almonds, heat oven to 350°F. Spread evenly in ungreased shallow pan. Bake uncovered 3 to 5 minutes, stirring occasionally, until light brown.

TIP

Having trouble finding bow-tie pasta? Penne or rotelle will work in a pinch.





TIP

Vegetables can be served warm with the dip. Arrange on a large platter with the container of dip in the center.

Roasted Vegetables with Spicy Aïoli Dip

PREP TIME: **25 MINUTES** START TO FINISH: **50 MINUTES** **24 SERVINGS**

AÏOLI DIP

- 1 cup mayonnaise or salad dressing
- ½ cup sour cream
- ½ cup garlic ranch dressing
- Fresh chives, if desired

VEGETABLES

- 4 medium red bell peppers, cut into 1½-inch squares
- 2 medium red onions, cut into wedges
- 4 small yellow summer squash, cut into 1-inch-thick slices
- ½ lb fresh green beans, trimmed
- 24 fresh whole mushrooms
- 2 tablespoons olive or vegetable oil
- 2 teaspoons seasoned salt

1 In medium bowl, mix mayonnaise, sour cream and dressing until smooth. Refrigerate at least 30 minutes to blend flavors. Garnish with chives.

2 Meanwhile, heat oven to 450°F. In large bowl, toss vegetables with oil and seasoned salt to coat evenly. Arrange vegetables in ungreased large shallow roasting pan, at least 16x12 inches.

3 Bake 15 to 20 minutes or until crisp-tender. Refrigerate vegetables at least 8 hours or overnight, and serve cold with dip.

Grilling Directions: Heat gas or charcoal grill. In large bowl, toss vegetables with oil and seasoned salt to coat evenly. Place vegetables, cut side down, on gas grill over medium-low heat or charcoal grill over medium-high coals. Cover grill. Cook 14 to 18 minutes or until crisp-tender, turning once and brushing with additional oil to keep surfaces moist. (Cooking time will vary according to size of vegetables.)

HIGH ALTITUDE (3500-6500 ft): No change.

PER SERVING: Calories 130; Total Fat 12g; Sodium 210mg; Dietary Fiber 1g

EXCHANGES: 1 Vegetable, 2½ Fat
CARBOHYDRATE CHOICES: ½

Aïoli is traditionally a *garlic sauce*. Our version uses garlic ranch dressing for an easy shortcut.

Ranch Deviled Eggs

PREP TIME: **30 MINUTES** START TO FINISH: **1 HOUR** **24 DEVILED EGGS**

- 12 eggs
- 3 teaspoons dry ranch dressing mix (from 1-oz envelope)
- ⅓ cup mayonnaise or salad dressing
- 1 teaspoon Dijon mustard
- 1 tablespoon chopped chives

1 In 4-quart saucepan or Dutch oven, place eggs in single layer. Add enough water to cover eggs by 1 inch. Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes. Drain; rinse with cold water. Place eggs in bowl of ice water; let stand 10 minutes.

2 To remove shell, crack it by tapping gently all over; roll between hands to loosen. Peel, starting at large end.

3 Cut eggs crosswise in half. Into medium bowl, slip out yolks; mash with fork. Stir dressing mix, mayonnaise and mustard into yolks.

4 Spoon or pipe yolk mixture into egg white halves. Sprinkle with chives. Refrigerate at least 30 minutes before serving.

HIGH ALTITUDE (3500-6500 ft): In step 1, heat eggs to boiling and boil 5 minutes; remove from heat. Cover and let stand 15 minutes.

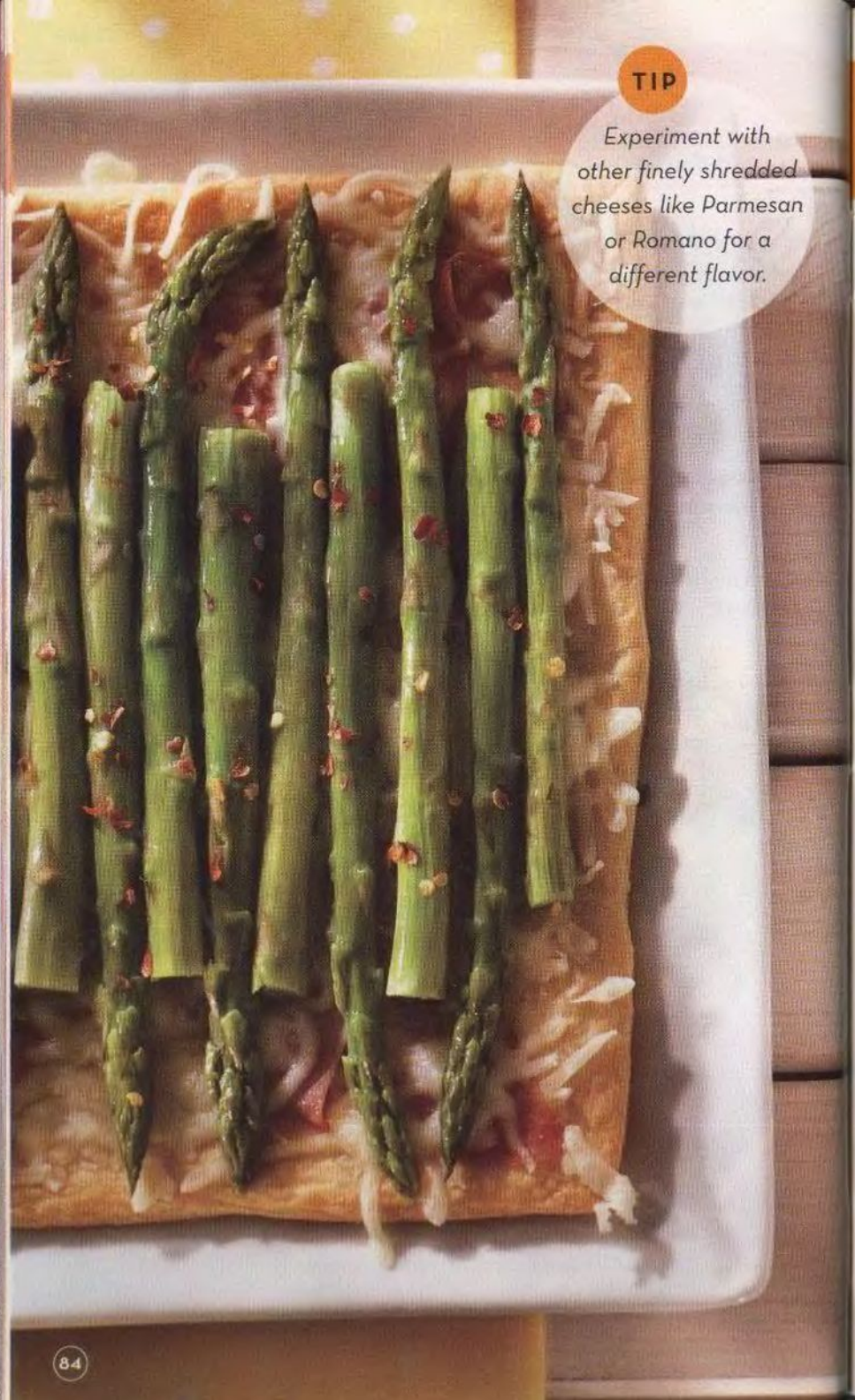
PER DEVILED EGG: Calories 60; Total Fat 5g; Sodium 105mg; Dietary Fiber 0g

EXCHANGES: ½ Medium-Fat Meat, ½ Fat
CARBOHYDRATE CHOICES: 0

Make these eggs up to 24 hours *in advance;* cover and refrigerate until serving time.

TIP

Shave a bit off the bottom of each egg white half so the filled eggs stay in place on the serving plate.



TIP

Experiment with other finely shredded cheeses like Parmesan or Romano for a different flavor.

Ham and Asparagus Squares

PREP TIME: **20 MINUTES** START TO FINISH: **40 MINUTES** **24 APPETIZERS**

- ½ lb fresh thin asparagus spears
- 1 can (8 oz) Pillsbury® refrigerated crescent dinner rolls
- 1½ cups finely shredded Swiss cheese (6 oz)
- 1½ oz thinly sliced prosciutto or deli ham, cut into 1-inch strips
- 2 teaspoons olive oil
- ¼ teaspoon crushed red pepper flakes

1 Heat oven to 375°F. In 10-inch skillet, heat ½ inch water to boiling. Add asparagus; reduce heat to medium-low. Cover; simmer 2 to 3 minutes or until crisp-tender. Drain. Plunge asparagus into bowl of ice water to cool; drain on paper towels.

2 On ungreased cookie sheet, unroll dough; press into 11x8-inch rectangle, firmly pressing perforations to seal. With fork, prick crust generously.

3 Bake 6 to 9 minutes or until light golden brown. Sprinkle with ½ cup of the cheese; top with prosciutto strips. Sprinkle with remaining 1 cup cheese. Arrange cooked asparagus spears in rows over cheese, alternating tips. Brush with oil; sprinkle with pepper flakes.

4 Bake 5 to 7 minutes longer or until edges of crust are deep golden brown and cheese is melted. Cool 5 minutes. With serrated knife, cut into squares. Serve warm.

HIGH ALTITUDE (3500-6500 ft): Increase first bake time to 8 to 11 minutes.

PER APPETIZER: Calories 70; Total Fat 4.5g; Sodium 115mg; Dietary Fiber 0g

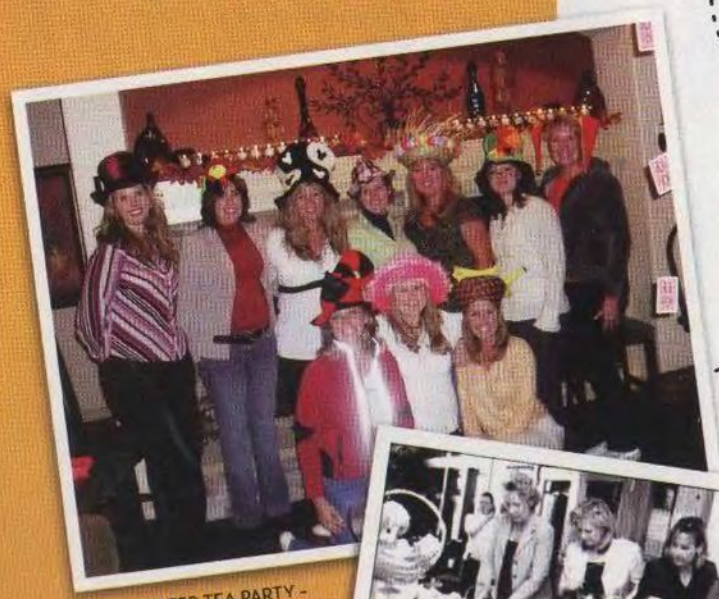
EXCHANGES: ½ Other Carbohydrate, ½ High-Fat Meat
CARBOHYDRATE CHOICES: 0

Prosciutto is *very thinly sliced*. When you open the package, separate the paper-thin slices carefully.

GIRLFRIENDS' GET-TOGETHER

Busy Bees

BY SHARON SECOR



MAD HATTER TEA PARTY – A Mad Hatter inspired the Bee's at a recent celebration.

BASKETS FOR TESSA – The Bees' support community causes by making gift baskets for a local domestic abuse shelter.

The group began by bonding over books but these days a common cause keeps them buzzing.

Adria Lapour's original purpose in starting a book group last year was the same as many other women: To spend time with 11 of her girlfriends discussing books and sharing a bite to eat. But it wasn't long before the group, from Colorado Springs, Colorado, decided to dig deeper.

"We came together to do fun stuff but also found we had a passion for a lot of women's issues," says Adria. For that reason, the group invited a speaker from TESSA, a local agency dedicated to reducing domestic violence and sexual assault, to speak at one of their gatherings. "The information was upsetting," added Adria, "and we wanted to make a difference."

"This past Christmas, we stocked the safe house with food, did a toy drive and collected hats and coats for winter."

Today, the Bees, as they affectionately call each other, still include books, light-hearted banter and munchies in their monthly meetings, but community involvement is now an important part of their agenda. The group has participated in a wide range of activities, from donating time, money and materials to TESSA to arranging a lecture on micro-lending in Third World countries.

"For Mother's Day we made big gift baskets with needed toiletries and fun personal gifts for TESSA. This past Christmas, we stocked the safe house with food, did a toy drive and collected hats and coats for winter," says Adria.

GIRLFRIENDS' GET-TOGETHER

Despite the serious subjects they often deal with, the group hasn't forgotten how to have fun. Every book club meeting involves a theme based on the book the group has read that month. One night the Bees enjoyed a Mad Hatter Tea Party; another involved dressing up in formal wear for a Night of Glamour.

"Even our fun nights end up being about our community," says Adria. "On our Night of Glamour, we hired a professional photographer to take our photo. When she found out more about our group, she turned down our sitting fee and told us to donate the money to TESSA instead."

"Even our fun nights end up being about our community."

Standing left to right: Leslie Hansen, Janette Haver, Deb Riggen, Sue Hilligrass, Dolores Leetz, Adria Lopour, Audrey Matheny, Colleen Cashill. Seated left to right: Vara Saunders, Jeanine Hamilton, Susan O'Neill, Holly Lawson.

Gulf Shrimp Crostini

PREP TIME: **20 MINUTES** START TO FINISH: **20 MINUTES** **24 APPETIZERS**

- 24 (1/2-inch thick) slices French bread
- 1 cup frozen cooked deveined peeled salad shrimp (6 oz), thawed, drained
- 1/2 cup sliced green onions (8 medium)
- 2 plum (Roma) tomatoes, seeded, chopped
- 1/2 teaspoon grated lime peel
- 2 tablespoons fresh lime juice
- 1/4 teaspoon red pepper sauce
- 2 cloves garlic, finely chopped

1 Heat oven to 350°F. Place bread slices on ungreased 15x10-inch baking pan. Bake 8 to 10 minutes or until crisp.

2 Coarsely chop shrimp. In large bowl, gently mix shrimp and all remaining ingredients except bread; set aside.

3 Spoon shrimp mixture onto toasted bread slices. If desired, top with additional sliced green onions.

calling all girlfriends

Pillsbury Classic® Cookbooks is looking for girlfriend groups who get together and would like to share their stories of friendship in our magazine. If your girlfriends are featured, your group will receive a $100 Premiere Choice Award redeemable at many restaurants and retailers.

(For more information go to ***http://www.premierechoiceaward.com/merchlist.asp.)***
To be considered, e-mail us at ***girlfriends.gettogether@genmills.com.***

Nutrition Chart

RECIPE Per Serving	PAGE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGAR	PROTEIN
Orange-Mint Slush	8	180	0g	0g	0g	0mg	20mg	45g	0g	43g	0g
Pea Pod Wrap-Ups	9	35	2g	0g	0g	25mg	60mg	1g	0g	1g	3g
Layered Caribbean Chicken Salad	11	450	21g	10g	0g	80mg	320mg	34g	8g	12g	31g
Pastry-Wrapped Jalapeño Brie with Fruit	12	170	10g	5g	1g	35mg	270mg	15g	0g	7g	6g
Roasted Bell Pepper Dip	15	80	8g	4.5g	0g	25mg	60mg	1g	0g	1g	2g
Mini Tart Buffet with Crème Anglaise	16	830	40g	16g	0g	155mg	440mg	108g	5g	73g	9g
Asparagus, Shrimp and Dill Fettuccine	20	470	11g	2g	0g	225mg	950mg	63g	4g	2g	31g
Fiesta Grilled Chicken Sandwiches with Chipotle Mayonnaise	21	390	11g	4.5g	0g	90mg	1180mg	35g	0g	3g	38g
Chicken Salad Cups	22	350	19g	6g	4g	55mg	550mg	24g	0g	4g	21g
Lemon and Herb-Roasted Turkey Breast	25	360	16g	4.5g	0g	145mg	270mg	0g	0g	0g	54g
Grilled Dill-Mustard Salmon	26	240	14g	3g	0g	80mg	180mg	3g	0g	3g	24g
Grilled Vegetable Focaccia	29	360	18g	6g	0g	25mg	800mg	38g	3g	4g	10g
Smoky Brunch Pizza	30	290	15g	7g	0g	235mg	650mg	25g	0g	5g	14g
Cream Cheese French Toast Bake with Strawberry Topping	33	530	22g	12g	1g	190mg	880mg	68g	4g	27g	16g
Sunrise Mimosas	36	160	0g	0g	0g	0mg	10mg	16g	0g	12g	0g
Ham 'n Cheese Omelet Bake	37	430	26g	11g	2.5g	315mg	1280mg	22g	1g	8g	28g
Gingered Fresh Fruit Salad	39	90	0g	0g	0g	0mg	5mg	21g	3g	15g	1g
Cinnamon-Pecan Pull Apart	40	380	21g	8g	3g	25mg	520mg	44g	0g	26g	4g
Island Paradise Salad	44	160	7g	2.5g	0g	0mg	25mg	21g	4g	14g	2g
Grilled Asparagus and New Potatoes	45	140	7g	1g	0g	0mg	350mg	18g	3g	2g	3g
Creamy Marinated Potato Salad	46	180	14g	3g	0g	80mg	220mg	11g	1g	2g	3g
Cheesy Potatoes	49	200	13g	8g	0g	35mg	370mg	17g	1g	2g	5g
Honey-Lime Berries and Greens	50	120	7g	1g	0g	0mg	25mg	13g	1g	11g	1g
Marinated Garden Tortellini Salad	53	280	9g	2.5g	0g	25mg	700mg	39g	4g	7g	11g
Sparkling Sangria	56	80	0g	0g	0g	0mg	0mg	20g	0g	19g	0g
Cilantro-Marinated Shrimp with Fruit	57	140	5g	1g	0g	145mg	210mg	8g	1g	5g	16g
Mini Picadillo Empanadas	59	130	6g	2g	1.5g	10mg	470mg	15g	0g	3g	5g
Rich Orange Flan	60	240	8g	4g	0g	125mg	105mg	34g	0g	34g	8g

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RECIPE Per Serving	PAGE	CALORIES	TOTAL FAT	SATURATED FAT	TRANS FAT	CHOLESTEROL	SODIUM	CARBOHYDRATES	DIETARY FIBER	SUGAR	PROTEIN
Fresh Strawberry and Rhubarb Parfaits	64	490	25g	13g	2g	100mg	60mg	61g	2g	45g	5g
Key Lime Cheesecake with Raspberry Sauce	65	320	20g	11g	1g	95mg	200mg	30g	1g	24g	5g
Chocolate-Caramel Layer Bars	67	180	7g	2.5g	0g	0mg	130mg	25g	0g	17g	3g
Lemon Mardi Gras Squares	68	180	8g	3.5g	0g	40mg	95mg	25g	0g	18g	2g
Fanciful Fruit Pizza	70	320	15g	6g	2g	35mg	170mg	43g	1g	28g	3g
Strawberry-Mango Margarita Dessert	72	360	17g	11g	0.5g	50mg	180mg	50g	2g	37g	2g
Frozen Raspberry Delight	75	260	12g	7g	0.5g	20mg	170mg	36g	3g	24g	3g
Strawberry Spritzer Punch	78	80	0g	0g	0g	0mg	5mg	20g	0g	17g	0g
Lemon-Mint Chicken Salad	79	240	6g	1.5g	0g	40mg	320mg	31g	2g	12g	16g
Roasted Vegetables with Spicy Aïoli Dip	81	130	12g	2.5g	0g	10mg	210mg	5g	1g	3g	2g
Ranch Deviled Eggs	82	60	5g	1g	0g	105mg	105mg	0g	0g	0g	3g
Ham and Asparagus Squares	85	70	4.5g	2g	0.5g	10mg	115mg	4g	0g	0g	3g
Gulf Shrimp Crostini	89	25	0g	0g	0g	15mg	45mg	3g	0g	0g	2g

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How to use our Nutrition Information

The key to healthy eating is a varied diet including many fruits, vegetables and grains. The detailed nutrition information in Pillsbury® Magazines can help you estimate the contribution of specific recipes to your overall menu plan. At the end of each recipe, we list the calories per serving as well as the amount of fat, cholesterol, sodium, carbohydrate, dietary fiber, sugar and protein.

Each recipe also lists Percent Daily Values (% DVs). The % DVs tell you how much the nutrients in one serving of food contribute to a 2000-calorie diet. For example, if the DV for total fat is 10%, this means one serving of this food contributes 10% of the total fat suggested for a person on 2000 calories per day.

Exchange information:
We include exchange information for those who are managing their calorie intake with this nutritional "accounting" method. "Other Carbohydrates" are included for foods that contain added sugars. If you are following a medically prescribed diet, consult your physician or registered dietitian about this information.

Carbohydrate Choices:
To help people who want to count carbohydrates, the number of carbohydrate choices per serving is included for each recipe. Many people with diabetes use carbohydrate counting as a way to manage their blood sugar levels. One carbohydrate choice is equivalent to 15 grams of carbohydrate.

Guidelines for calculating nutrition information

- The first ingredient is used wherever a choice is given (such as 1/3 cup sour cream or plain yogurt).
- The first ingredient amount is used wherever a range is given (such as 2 to 3 teaspoons).
- "If desired" ingredients are not included, whether mentioned in the ingredient list or in the recipe directions as a suggestion (such as sprinkle with brown sugar if desired).
- Only the amount of a marinade or frying oil that is absorbed during preparation is calculated.

TAILORING YOUR DAILY DIET

The chart below outlines some average daily nutritional needs for moderately active adults. Since your sex, age, size and activity level all affect dietary considerations, your requirements may deviate from those shown here.

WHAT YOU NEED DAILY	WOMEN 25-50	WOMEN OVER 50	MEN 25-50
Calories	2200	1900	2900
Total Fat	73g or less	63	97
Saturated Fat	24g or less	21	32
Cholesterol	300mg or less	300	300
Sodium	2400mg	2400	2400
Calcium	800mg	800	800
Iron	15mg	10	10

(Note: Although individual needs vary, a 2000-calorie diet is used as the reference diet on packaging because it approximates average daily requirements and provides a round number for easier calculating.)

Our experts behind the scenes:

Our team of professionals, including registered dietitians and home economists, is dedicated to delivering comprehensive nutrition information to make your job of planning nutritious menus for you and your family just a little easier. Current information from the USDA and food manufacturers' labels are used to provide up-to-date nutrient values.

look what's inside >>

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PILLSBURY CLASSIC® COOKBOOKS #313 APRIL/MAY 2007 SPRING GET-TOGETHERS

4 GREAT PARTIES

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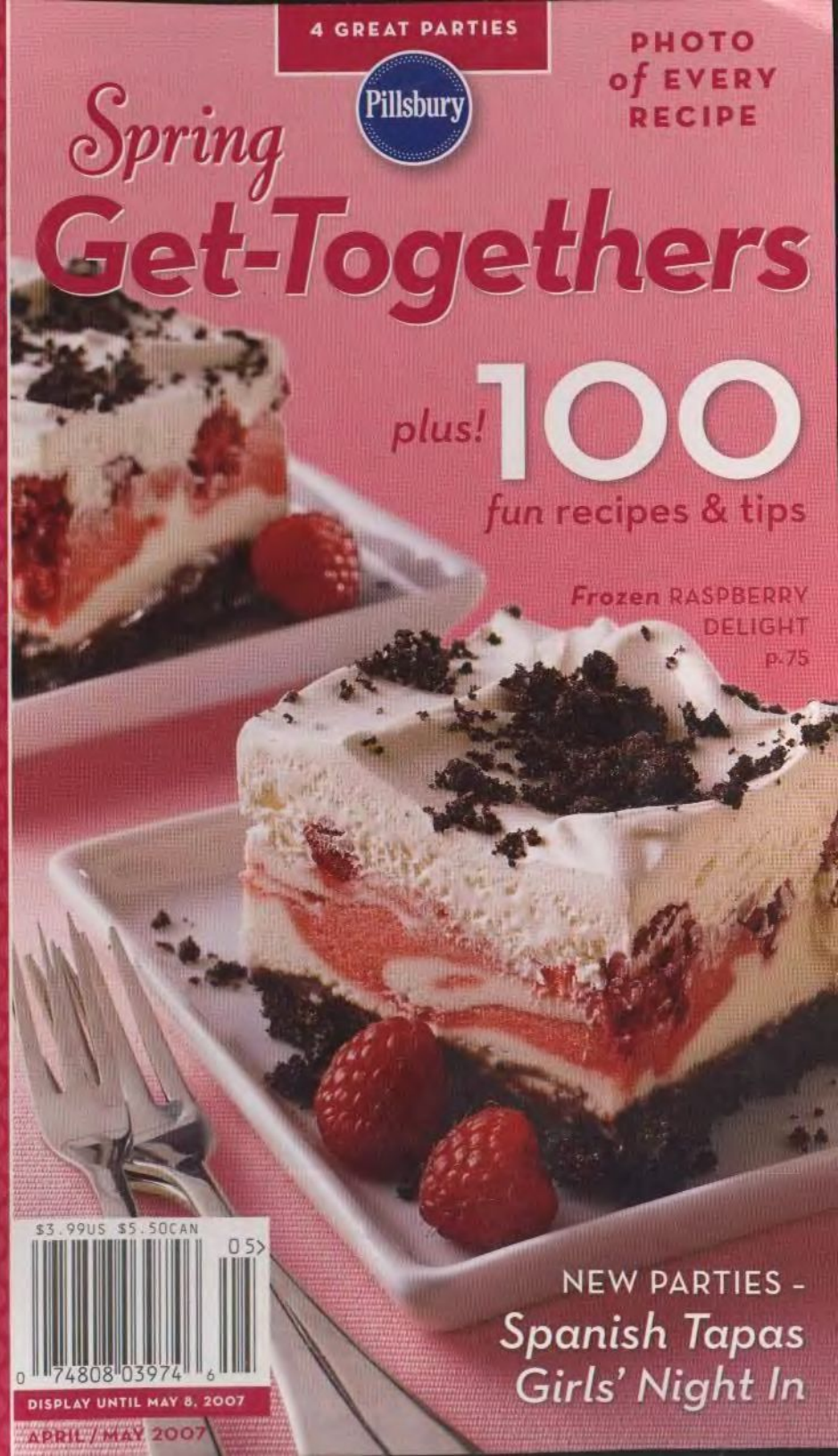

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